

Start Date: ___ / ___ / ___

Goal Date: ___ / ___ / ___

My goal is to _____

I want to achieve this goal because _____

My strategy for achieving this goal is to _____

People who have already achieved this goal include _____

To maintain my motivation I will _____

I will receive my inspiration from _____

When I achieve this goal I will reward myself by _____

_____ is willing to hold me accountable.

Milestones	
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Success!

___ / ___ / ___

Review	
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S.M.A.R.T.

☐ Specific
 ☐ Measurable
 ☐ Attainable (yet challenging)
 ☐ Realistic
 ☐ Timely

Priority

☐ 1 . . . Critical
 ☐ 2 . . . Urgent
 ☐ 3 . . . Important
 ☐ 4 . . . Beneficial
 ☐ 5 . . . Desirable

Term

☐ Daily
 ☐ Weekly
 ☐ Monthly
 ☐ Long Term (_____ months)

Affected Skills

☐ Mental
 ☐ Physical
 ☐ Technical
 ☐ Strategic

While working toward this goal, I also learned that _____
