

MY GOALS

S

List down your goals
SPECIFICALLY

M

How would you **MEASURE**
your success?

A

Describe your **ACTION**
PLANS

R

Are you goals **REALISTIC?**
Doable? Attainable?
(Yes/No)

T

What is your **TIME FRAME**
for these goals?

Item 1:

Item 2:

Item 3:

Item 4:

Item 5: