

SMART GOALS

S

SPECIFIC

FINANCIAL AFFIRMATION (start with I am):

SMART GOALS (start with I will):

M

MEASURABLE

A

ACTION ITEMS

R

RELEVANT

T

TIME-BOUND

CAREER/BUSINESS (start with I am):

SMART GOALS (start with I will):

E

EVALUATIVE

R

REVISABLE



SMART GOALS

S

SPECIFIC

FREE TIME/FAMILY TIME (start with I am):

SMART GOALS (start with I will):

M

MEASURABLE

A

ACTION ITEMS

R

RELEVANT

T

TIME-BOUND

E

EVALUATIVE

R

REVISABLE

HEALTH/APPEARANCE (start with I am):

SMART GOALS (start with I will):

SMART GOALS

S

SPECIFIC

COMMUNITY (start with I am):

SMART GOALS (start with I will):

M

MEASURABLE

A

ACTION ITEMS

R

RELEVANT

RELATIONSHIPS (start with I am):

SMART GOALS (start with I will):

T

TIME-BOUND

E

EVALUATIVE

R

REVISABLE



SMART GOALS

S

SPECIFIC

PERSONAL (start with I am):

SMART GOALS (start with I will):

M

MEASURABLE

A

ACTION ITEMS

R

RELEVANT

T

TIME-BOUND

E

EVALUATIVE

R

REVISABLE

OTHER (start with I am):

SMART GOALS (start with I will):