

# MY SMART GOAL

"SETTING GOALS IS THE FIRST STEP IN TURNING THE INVISIBLE INTO THE VISIBLE." — TONY ROBBINS

**S → SPECIFIC**

What exactly are you going to achieve?

**M → MEASURABLE**

How will you know when you have met your goal?

**A → ACHIEVABLE**

Is your goal challenging and realistic?

**R → RELEVANT**

Is your goal important and worth working for?

**T → TIME-BASED**

By when do you want to achieve your goal?

## LET'S DO THIS!

I will \_\_\_\_\_  
\_\_\_\_\_ by \_\_\_\_\_.

I know I can achieve this goal because \_\_\_\_\_  
\_\_\_\_\_.

This goal is worth my time because \_\_\_\_\_  
\_\_\_\_\_.

I'll know I've met my goal when \_\_\_\_\_  
\_\_\_\_\_.