

# SMARTER GOAL

DATE:

#GOAL

GOAL: S.M.A.R.T.E.R. (*Specific, Measurable, Achievable, Risky, Time Focused*)

#PURPOSE

WRITE DOWN **WHY** YOU'VE MADE THIS DECISION. READ IT **EVERYDAY**. (*Exciting and Relevant*)

OS  OM  OA  OR  OT  OE  OR



HABIT  ACHIEVEMENT

Q1  Q2  Q3  Q4

DESCRIBE **IN DETAIL** WHAT YOU'LL **DO** AND **WHEN** YOU'LL DO IT FOR THE NEXT 90 DAYS.

## #PURSUE

#PLAN

<input checked="" type="checkbox"/>	WHAT ACTION STEPS ARE NEEDED	 OWNER	 TARGET DATE

POSSIBLE **OBSTACLES**:

POTENTIAL **BENEFITS**:

DESCRIBE YOUR **EMOTIONS**:

LESSONS **LEARNED**:

#PROMISE

WRITE DOWN A **MANTRA** YOU'LL READ **EVERYDAY** TO STAY **FOCUSED** AND **COMMITTED**.

## #PRIZE

REWARD FOR **SUCCESS**:

DELIBERATE DIRECTIONS

