**“A goal without a timeline is just a dream.” Robert Herjavec**

SMART GOALS

S

What? With whom? Why? Where?

Specific

MS

What will your reward be when you achieve this goal? How will this reward motivate you? How can you measure your progress?

Measurable

A

Are the goals you have set, realistic in terms of the effort you can put in, the situation you’re in, the costs, the time-frame?

Achievable

R

Have you set this goal for you? Or has your goal been influenced by what others want you to do or what you *think* others want you to do?

Relevant

\* Please refer to the SMART Goals blog post for further explanations for each letter

My SMART Goal:

Determine a start-time and date and an end-time and date.

Time-Bound

T

MY GOAL

* Write down the tasks you need to complete to reach your goal
* Set a target date for each task

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Task | Target Date | Started | Halfway | Finished | Completion Date |
| \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_  | \_\_\_\_\_\_\_ | Stop | Stop | Stop | \_\_\_\_\_\_\_\_\_\_ |
| \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_  | \_\_\_\_\_\_\_ | Stop | Stop | Stop | \_\_\_\_\_\_\_\_\_\_ |
| \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_  | \_\_\_\_\_\_\_ | Stop | Stop | Stop | \_\_\_\_\_\_\_\_\_\_ |
| \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_  | \_\_\_\_\_\_\_ | Stop | Stop | Stop | \_\_\_\_\_\_\_\_\_\_ |
| \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_  | \_\_\_\_\_\_\_ | Stop | Stop | Stop | \_\_\_\_\_\_\_\_\_\_ |
| \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_  | \_\_\_\_\_\_\_ | Stop | Stop | Stop | \_\_\_\_\_\_\_\_\_\_ |
| \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_  | \_\_\_\_\_\_\_ | Stop | Stop | Stop | \_\_\_\_\_\_\_\_\_\_ |
| \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_  | \_\_\_\_\_\_\_ | Stop | Stop | Stop | \_\_\_\_\_\_\_\_\_\_ |
| \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_  | \_\_\_\_\_\_\_ | Stop | Stop | Stop | \_\_\_\_\_\_\_\_\_\_ |
| \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_  | \_\_\_\_\_\_\_ | Stop | Stop | Stop | \_\_\_\_\_\_\_\_\_\_ |
| \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_  | \_\_\_\_\_\_\_ | Stop | Stop | Stop | \_\_\_\_\_\_\_\_\_\_ |
| \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_  | \_\_\_\_\_\_\_ | Stop | Stop | Stop | \_\_\_\_\_\_\_\_\_\_ |

* Write down the reward you will give yourself for completing all set tasks and for achieving your goal!

REWARD