



5 STEPS TO SETTING YOUR GOALS

GOAL IDEA

S PECIFIC	_____

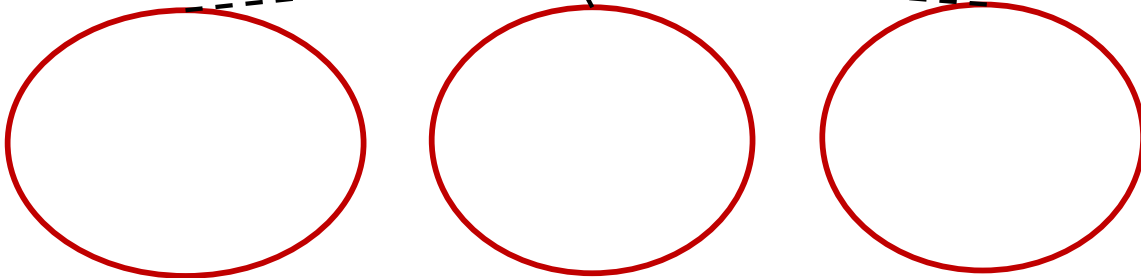
M EASURABLE	_____

A CHIEVABLE	_____

R EALISTIC	_____

T IMELY	_____

ACTION PLAN



WHAT HELP WILL YOU NEED?

WHAT WILL STOP YOU?

WHY IS THIS GOAL IMPORTANT TO YOU?

REWARD