

Setting Monthly S.M.A.R.T. Goals

Month:

List three S.M.A.R.T. goals for the month.

Goal 1:

Goal 2:

Goal 3:

- S**pecific
- M**easurable
- A**chievable
- R**ealistic
- T**imely

For each S.M.A.R.T. goal listed, record the steps you will take to reach it and how you will reward yourself when you do.

Track your success by checking each day of the month you fulfill the steps of your goal plan.

The Plan for Goal 1:

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Tracking 

The Plan for Goal 2:

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Tracking 

The Plan for Goal 3:

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Tracking 

How successful were you in reaching each of your goals? How does working toward these goals make you feel? What goals will you continue to work toward next month? What new goals will you set?

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