

Your *Goal* Planning Workbook

Creating your *SMART* goals

Your goal:

How are you going to measure it?

How are you going to attain it?

Is your goal relevant to your life now?

When is your goal due?

My *SMART* Goal Contract

My goal is to:

I will be measuring my progress by:

I will attain my goal by:

This goal is relevant to me and I'm excited to achieve this.

I will complete this goal by:

Signed:

My *SMART* Goal To-Do List

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.