

SMART GOALS Specific-Measurable-Attainable-Relevant-Timely	STEPS TO ACHIEVE MY GOAL	STRENGTHS I USE & HOW I USE THEM	REFLECTIONS Pick three times this year that you can go back and reflect on your goals
	1. 2. 3.		1. Date: Reflection: 2. Date: Reflection: 3. Date: Reflection:
	1. 2. 3.		1. Date: Reflection: 2. Date: Reflection: 3. Date: Reflection:
	1. 2. 3.		1. Date: Reflection: 2. Date: Reflection: 3. Date: Reflection:

GALLUP “Your dreams are only your dreams until you write them down, then they are goals.” —Emmit Smith