

Your Name – SMART Goals



	Family & Friends (Relationships):	
	Health and Physical:	
	Heart & Mind:	
	Spiritual:	
	Career & Financial:	
	Other:	

Goals should be Specific, Measurable, Attainable, Realistic and Timely (SMART).

Do one important thing every day, consistent with your goals and purpose, and change your life. Eat that frog!