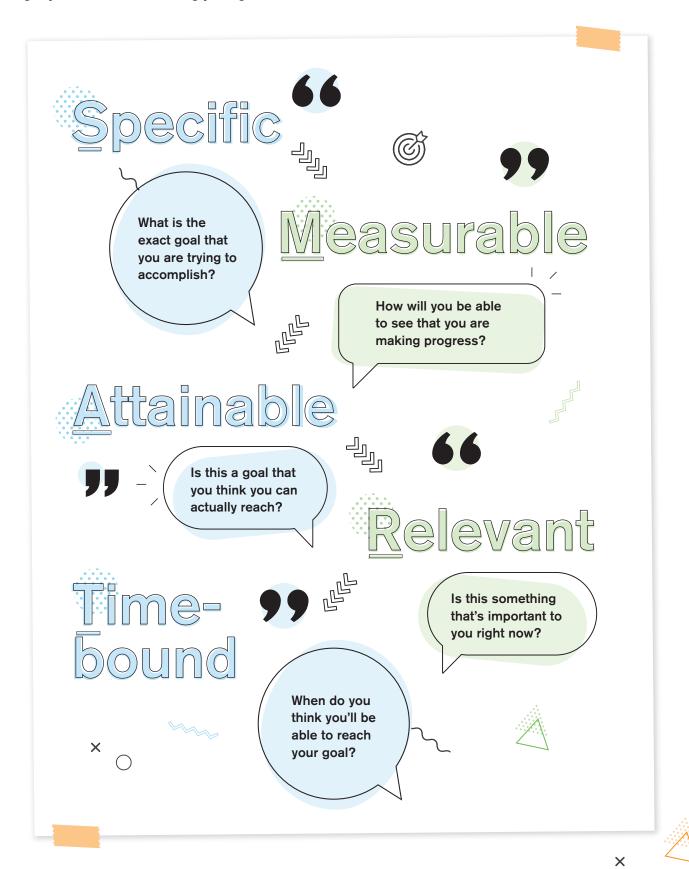


SMART GOALS

Setting SMART goals can help keep you motivated and get you closer to reaching your goal!



≫≫ SMART goal-setting tool

SMART	goal-setting	Name: Date:
My SMART goal is to		
		Target date:
This goal is important to me because		
I will turn this goal into a SMART goal by	S M A R	
I will remind myself of this goal by		
Actions I will take/my key strengths I will use to achieve this goal are		
I will reward myself for achieving this goal by		