

START

GOALS

WHEN SETTING GOALS, MAKE SURE IT FOLLOWS THE START STRUCTURE.
USE THE QUESTIONS BELOW TO CREATE ONE GOAL FOR THE WEEK.

S

SPECIFIC

WHAT DO I WANT TO ACCOMPLISH?

T

TRACKABLE

HOW WILL I KNOW WHEN IT IS ACCOMPLISHED?

A

ACHIEVABLE

HOW CAN THE GOAL BE ACCOMPLISHED?

R

RELEVANT

DOES THIS SEEM WORTHWHILE?

T

TIME BOUND

WHEN CAN I ACCOMPLISH THIS GOAL?

