

Set Smart Goals

Specific

Is your goal specific enough?

Measurable

Will you be able to track your progress?

Attainable

Is your goal realistically attainable given your available resources?

Relevant

Is your goal relevant to your "why"?

Time-bound

When will your goal be achieved?

MY "BHAG"

A Big, Hairy, Audacious Goal



Chunk it down ...



MEDIUM GOALS

Chunk it down ...



SMALL GOALS



ONE THING I CAN DO RIGHT NOW

A large rectangular area with a black border and a light gray background, containing horizontal white lines for writing. This area is intended for the user to write their answer to the question 'ONE THING I CAN DO RIGHT NOW'.