

THE BIG PICTURE

LIST YOUR MOST IMPORTANT GOALS

ONE

TWO

THREE

FOUR

YOUR FUTURE SELF

WHAT DO YOU WANT YOUR LIFE TO LOOK LIKE?

IN
ONE
MONTH

IN
THREE
MONTHS

IN
SIX
MONTHS

OPTIMISM IS THE FATE THAT LEADS TO ACHIEVEMENT.

HELEN KELLER

GET SMART

GOAL # 1

SPECIFIC

CLEARLY DEFINE WHAT YOU ARE GOING TO DO.

MEASURABLE

YOU SHOULD HAVE TANGIBLE EVIDENCE THAT YOU HAVE ACCOMPLISHED IT.

ACHIEVABLE

YOU SHOULD BE CHALLENGED, BUT NOT SO MUCH THAT YOU GIVE UP.

RESULTS-FOCUSED

THIS IS WHAT THE OUTCOME WILL LOOK LIKE.

TIME-BOUND

THE DATE THE GOAL WILL BE ACCOMPLISHED.

GET SMART

GOAL # 2

SPECIFIC

CLEARLY DEFINE WHAT YOU ARE GOING TO DO.

MEASURABLE

MEASURABLE SO THAT YOU HAVE TANGIBLE EVIDENCE THAT YOU HAVE ACCOMPLISHED IT.

ACHIEVABLE

YOU SHOULD BE CHALLENGED, BUT NOT SO MUCH THAT YOU GIVE UP.

RESULTS-FOCUSED

THIS IS WHAT THE OUTCOME WILL LOOK LIKE.

TIME-BOUND

THE DATE THE GOAL WILL BE ACCOMPLISHED.

GET SMART

GOAL # 3

SPECIFIC

CLEARLY DEFINE WHAT YOU ARE GOING TO DO.

MEASURABLE

MEASURABLE SO THAT YOU HAVE TANGIBLE EVIDENCE THAT YOU HAVE ACCOMPLISHED IT.

ACHIEVABLE

YOU SHOULD BE CHALLENGED, BUT NOT SO MUCH THAT YOU GIVE UP.

RESULTS-FOCUSED

THIS IS WHAT THE OUTCOME WILL LOOK LIKE.

TIME-BOUND

THE DATE THE GOAL WILL BE ACCOMPLISHED.

GET SMART

GOAL # 4

SPECIFIC

CLEARLY DEFINE WHAT YOU ARE GOING TO DO.

MEASURABLE

MEASURABLE SO THAT YOU HAVE TANGIBLE EVIDENCE THAT YOU HAVE ACCOMPLISHED IT.

ACHIEVABLE

YOU SHOULD BE CHALLENGED, BUT NOT SO MUCH THAT YOU GIVE UP.

RESULTS-FOCUSED

THIS IS WHAT THE OUTCOME WILL LOOK LIKE.

TIME-BOUND

THE DATE THE GOAL WILL BE ACCOMPLISHED.

BE PRESENT & INSPIRED

WRITE QUOTES, THOUGHTS, DRAW, OR DOODLE.

