

SMART goals

specific

measurable

attainable

realistic

time-bound

I want to

because

In order to achieve my goal by

and be successful, I will

times every (circle one) hour / day / week / month.

I will know I have achieved my goal when

GOAL check-in

90
days

120
days

270
days

JANUARY goals

This month, I will

because

In order to achieve my goal by the end of the month, I will

times every (circle one) hour / day / week / month.

I will know I have achieved my goal when

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31

Successes:

Difficulties:

What to change for next month:

FEBRUARY goals

This month, I will

because

In order to achieve my goal by the end of the month, I will

times every (circle one) hour / day / week / month.

I will know I have achieved my goal when

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31

Successes:

Difficulties:

What to change for next month:

MARCH goals

This month, I will

because

In order to achieve my goal by the end of the month, I will

times every (circle one) hour / day / week / month.

I will know I have achieved my goal when

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31

Successes:

Difficulties:

What to change for next month:

APRIL goals

This month, I will

because

In order to achieve my goal by the end of the month, I will

times every (circle one) hour / day / week / month.

I will know I have achieved my goal when

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31

Successes:

Difficulties:

What to change for next month:

MAY goals

This month, I will

because

In order to achieve my goal by the end of the month, I will

times every (circle one) hour / day / week / month.

I will know I have achieved my goal when

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	

Successes:

Difficulties:

What to change for next month:

JUNE goals

This month, I will

because

In order to achieve my goal by the end of the month, I will

times every (circle one) hour / day / week / month.

I will know I have achieved my goal when

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31

Successes:

Difficulties:

What to change for next month:

JULY goals

This month, I will

because

In order to achieve my goal by the end of the month, I will

times every (circle one) hour / day / week / month.

I will know I have achieved my goal when

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	

Successes:

Difficulties:

What to change for next month:

AUGUST goals

This month, I will

because

In order to achieve my goal by the end of the month, I will

times every (circle one) hour / day / week / month.

I will know I have achieved my goal when

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31

Successes:

Difficulties:

What to change for next month:

SEPTEMBER *goals*

This month, I will

because

In order to achieve my goal by the end of the month, I will

times every (circle one) hour / day / week / month.

I will know I have achieved my goal when

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	

Successes:

Difficulties:

What to change for next month:

OCTOBER *goals*

This month, I will

because

In order to achieve my goal by the end of the month, I will

times every (circle one) hour / day / week / month.

I will know I have achieved my goal when

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31

Successes:

Difficulties:

What to change for next month:

NOVEMBER *goals*

This month, I will

because

In order to achieve my goal by the end of the month, I will

times every (circle one) hour / day / week / month.

I will know I have achieved my goal when

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	

Successes:

Difficulties:

What to change for next month:

DECEMBER *goals*

This month, I will

because

In order to achieve my goal by the end of the month, I will

times every (circle one) hour / day / week / month.

I will know I have achieved my goal when

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31

Successes:

Difficulties:

What to change for next month: