SCHOOL of ACE

Goal Setting

WORKSHEET

My Goal

Use the S.M.A.R.T. technique to set attainable goals:
Specific. Measurable. Achievable. Relevant. Time-bound.

☐ S ☐ M ☐ A ☐ R ☐ T

Why is this goal important to me?

What do I need to accomplish this goal?

How will I stay accountable?

What incentive will I use to stay motivated?

Action Steps:

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