

# Goal Setting

## Your Goal

<b>Specific</b>	WHAT DO YOU WANT TO ACHIEVE?	<b>S</b>

<b>Measurable</b>	HOW WILL YOU KNOW WHEN YOU HAVE REACHED YOUR GOAL?	<b>M</b>

<b>Achievable</b>	IS THE GOAL WITHIN YOUR POWER TO ACCOMPLISH?	<b>A</b>

<b>Realistic</b>	CAN YOU REALISTICALLY ACHIEVE YOUR GOAL?	<b>R</b>

<b>Time-Bound</b>	WHEN DO YOU WANT TO ACHIEVE YOUR GOAL BY?	<b>T</b>

YOUR UPDATED GOAL:
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