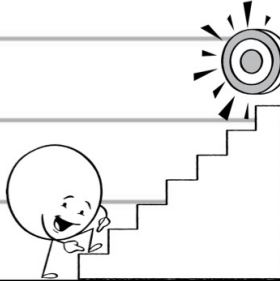


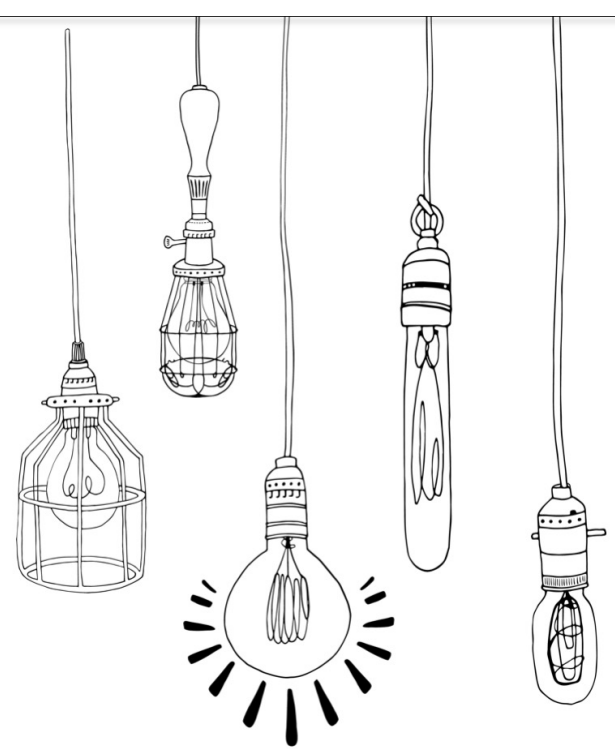
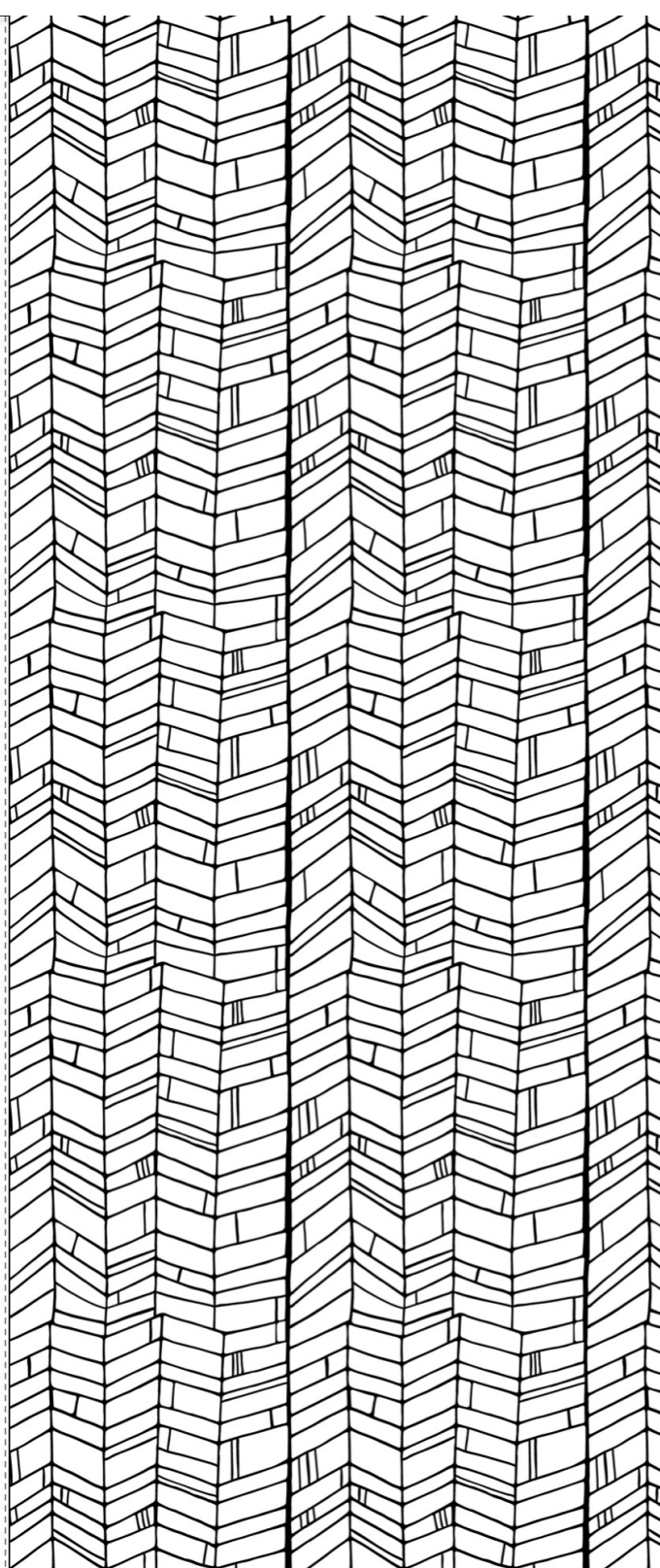
LONG TERM GOALS

A long term goal is something you want to achieve by a year or more. Create a new long term goal that is also a SMART goal.

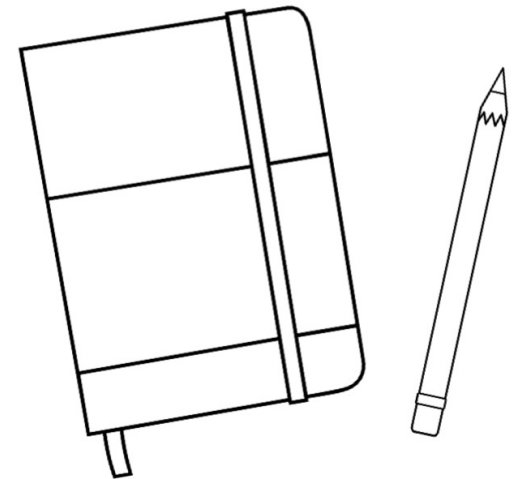


SHORT TERM GOALS

A short term goal is something you want to do within the next year. It may be in weeks, months, or up to a year. It should help prepare you to your long term goal.
Create a short term goal:



SMART GOALS

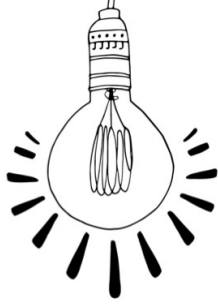


SPECIFIC

Give details about your goal.

Not specific: I will do better next year.

Specific: I will go to the gym to get healthy.



RELEVANT

Does it fit into your big picture or life goals?

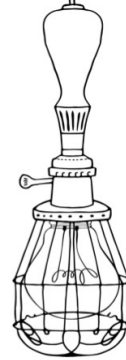
If your big picture is to get into college:

Not relevant:

I will eat cheetos today.

Relevant:

I will make a study plan so that I can make better grades and get accepted to a college.

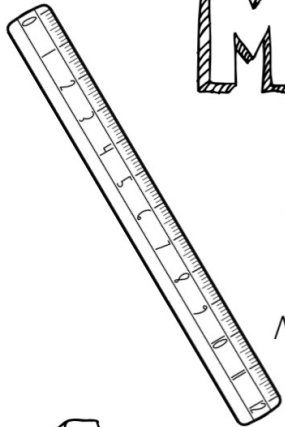


MEASURABLE

Can I measure the goal and determine when it has been met?

Not measurable: I will make better grades.

Measurable: I will make A's and B's.



TIMELY

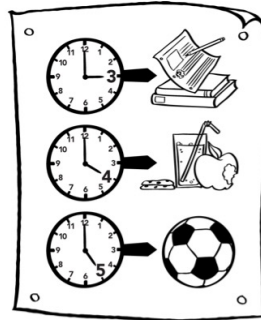
Is there a deadline to reach my goal? Put a time limit on your goal.

Not timely:

I will make A's and B's.

Timely:

I will make A's and B's this year.



ATTAINABLE

Can you physically and mentally reach this goal?

Is it within your reach?

Not attainable: I will study all day every day and never sleep.

Attainable: I will study 30 minutes per night during the week.



"You cannot change your destination overnight, but you can change your direction overnight." – Jim Rohn

"A goal without a timeline is just a dream." – Robert Herjavec

WRITE A GOAL THAT IS SPECIFIC, MEASURABLE, ATTAINABLE, RELEVANT, AND TIMELY:

Blank lined area for writing a goal.