

My Goal

What do you want to accomplish?

How will you know when you have accomplished your goal?

How can the goal be accomplished?

Is this goal worth working hard to accomplish? Explain.

When will this goal be accomplished?

Now, break your Main Goal down into mini-goals.

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SPECIFIC: What do you want to accomplish?

MEASURABLE: How will you know when you have accomplished your goal?

ACHIEVABLE: How can the goal be accomplished?

RELEVANT/REWARDING: Is this goal worth working hard to accomplish? Explain.

TIME-BOUND: When will this goal be accomplished?

Now, break your Main Goal down into mini-goals.

My Mini-Goals

What Main Goal do you want to accomplish?

Mini-Goal #1

Action Step:

Mini-Goal #2

Action Step:

Mini-Goal #3

Action Step:

Mini-Goal #4

Action Step:

Why I want to reach my Goal:

My Goal

A large, empty rounded rectangular box with a thick black border, intended for writing a goal.

A rounded rectangular box with a thick black border, preceded by a small arrow pointing to it from the left. This indicates a step or action related to the goal.

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