

MY 30-DAY GOAL SETTING PLAN

Goal:

Name: _____ Starting Date: _____

Describe your goal (S.M.A.R.T. – Specific, Measurable, Attainable, Realistic, and Time-Sensitive):

S _____
M _____
A _____
R _____
T _____

WHY is it important for you to achieve this goal?

Three steps you are going to take to achieve your goal:

1. _____
2. _____
3. _____

What's it going to feel like in 30 days, after you've achieved your goal?

Signature: _____

Deadline to Achieve Date: _____



Homework

1. Write your goals down on an index card. Read them first thing in the morning and right before bed EVERY day. This will be KEY to your success.
2. Share your goals with a supportive partner.
3. Complete goal survey [here](#).