

SUCCESS WITH GOAL SETTING

Date.....

Part 1

The change I'm thinking of making in my life is

Why 1

Why 2

Why 3

Why 4

The Change I'm going to make in my life is

Part 2

Make It **Smart Specific, Measurable, Attainable, Realistic and Time Bound.**

My **SMART Goal** is

Part 3

Mini Goal 1.

My 1st **Mini Goal** is to By..... date.

My 2nd **Mini Goal** is to By..... date.

My 3rd **Mini Goal** is to By..... date.

My 4th **Mini Goal** is to By..... date.

My 6th **Mini Goal** is to By..... date.

My 7th **Mini Goal** is to By..... date.

My 8th **Mini Goal** is to By..... date.

Add as many **Mini Goals** as you need.

Part 4

List 5 hacks or gadgets you could use or habits that would help you stay on track.

.....
.....
.....
.....
.....

List 3 stumbling blocks you may have with your 1st **Mini Goal** and how will you get round them.

1.....
.....
2.....
.....
3.....
.....

Repeat this for each **Mini Goal**

List 3 things 3 things you will do to be more accountable. Like telling people your **SMART Goal** and putting it on Facebook.

.....
.....
.....

Who will you ask to be your **ACCOUNTABILITY BUDDY**? How and how often will you be in contact with them?

.....
.....

Part 5

How will you reward yourself for achieving your **Mini Goals**?

.....

How will you reward yourself when you achieve your **SMART Goal**?

.....