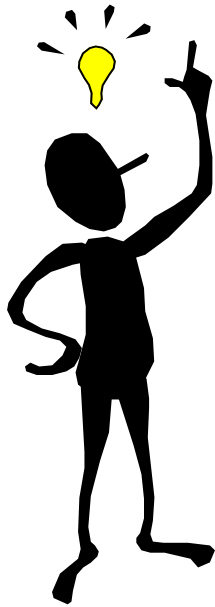


GOAL SETTING

BE SMART



Specific

Measurable

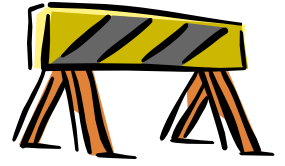
Achievable

Realistic

Timebound



Goal Ladder



Things that help my progress

My goal is

Things that block my progress

Week

Time

Week

Week

Week

Week

Week

Week

Start