

My goals
for _____
year / month / term

Specific
Measurable
Achievable
Relevant
Time-bound

Personal

_____	S	☐
_____	M	☐
_____	A	☐
_____	R	☐
_____	T	☐

Work/Education

_____	S	☐
_____	M	☐
_____	A	☐
_____	R	☐
_____	T	☐

Family / Home

_____	S	☐
_____	M	☐
_____	A	☐
_____	R	☐
_____	T	☐

Health

_____	S	☐
_____	M	☐
_____	A	☐
_____	R	☐
_____	T	☐

Social

_____	S	☐
_____	M	☐
_____	A	☐
_____	R	☐
_____	T	☐

Finance

_____	S	☐
_____	M	☐
_____	A	☐
_____	R	☐
_____	T	☐

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Personal

_____	S	☐
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_____	A	☐
_____	R	☐
_____	T	☐

Work/Education

_____	S	☐
_____	M	☐
_____	A	☐
_____	R	☐
_____	T	☐

Family / Home

_____	S	☐
_____	M	☐
_____	A	☐
_____	R	☐
_____	T	☐

Health

_____	S	☐
_____	M	☐
_____	A	☐
_____	R	☐
_____	T	☐

Social

_____	S	☐
_____	M	☐
_____	A	☐
_____	R	☐
_____	T	☐

Finance

_____	S	☐
_____	M	☐
_____	A	☐
_____	R	☐
_____	T	☐