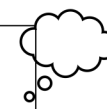


Reference <https://www.ymcamidtn.org/sites/default/files/2019-11/smart-goals-worksheet.pdf>

MY DRAFT GOAL



DIG DEEPER | Why is this goal so important to me?



Why do I want to make this goal right now?



What do I hope to accomplish by making this goal?



MAKE IT S.M.A.R.T.

SPECIFIC. Break it down.



MEASURABLE. How often can I engage my goal?



ACHIEVABLE. How will this work with my schedule?



REALISTIC. How is this challenging, yet achievable?



TIME SENSITIVE. When will I stop to assess if it's working?



MY FINAL GOAL

