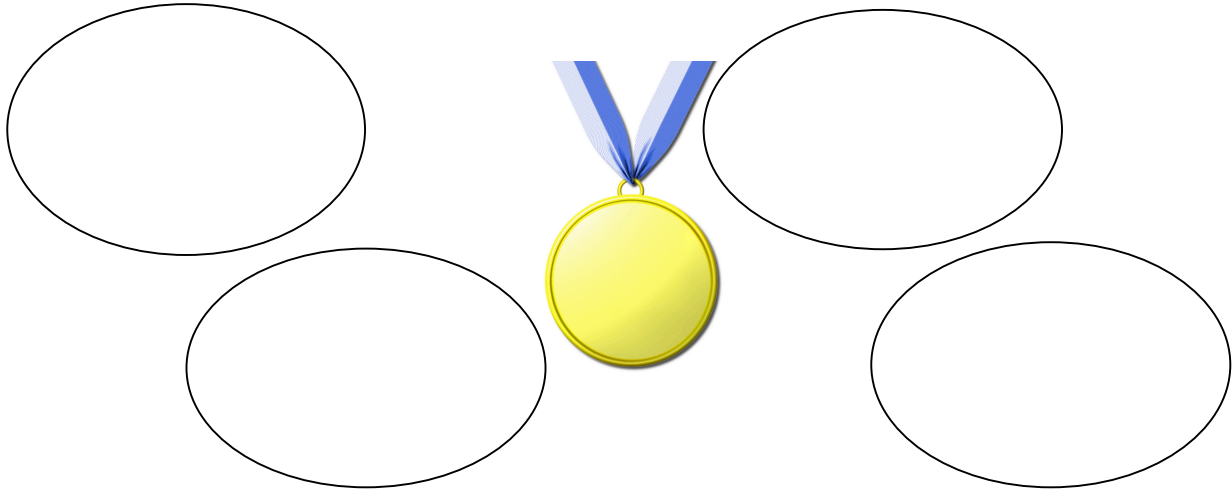


SMART Goals



In the circles, list areas of your life that can be influenced by goal setting.



YOUR CHALLENGE

Identify an aspect of your life that needs improving. By changing this aspect you will become a better person, a better brother/sister, a better son/daughter or maybe a better student.

Your purpose is to shift an area of improvement into an area of strength.

You are to use the SMART Goal Setting framework to assist you in writing this goal.

Specific	
Measurable	
Achievable	
Relevant	
Time	

MY GOAL IS -