



# GOALS 2019

**S** – Specific – Exactly what do you plan to accomplish. Where will you do it? Why do you want to do it?

**M** – Measurable – How will you track your progress? How will you know when you’ve reached your goal?

**A** – Actionable or Attainable How are you going to accomplish this? Is it within reach?

**R** – Relevant – Is this goal worthwhile? Will it meet your needs? Does it fit with your other goals?

**T** – Timely – What is the time limit? Can you accomplish this goal in the time frame that you are setting?

Goal #1: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Goal #2: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Goal #3: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

# January 2019



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		