

# IS MY GOAL S.M.A.R.T.?

Maintaining a strong and healthy physical wellbeing.

Building and maintaining healthy connections with others.

Having a healthy and strong mind to handle challenges and opportunities.

What gives you meaning and purpose in life.

**Physical:**

**Social:**

**Mental:**

**Spiritual:**

*Specific:* What EXACTLY do you want to achieve?

*Measurable:* How will you know when you've achieved it?

*Attainable:* Is it something you have control over?

*Relevant:* Why is this applicable to your life?

*Time-Based:* When do you want to achieve your goal?

Significant Events in my life, positive and negative

BIRTH

Today

Today

???

Future goals and dreams to pursue and accomplish