

Name: \_\_\_\_\_

# My Goals



**Setting goals helps you to:**

be your best, reach your potential, remain motivated and committed, increase your overall satisfaction, improve your self confidence, concentrate and follow your course of action and will often lead to greater satisfaction in life. Let's get started!

Make sure your goals are **SMART**: **S**pecific, **M**anageable/Measurable, **A**ttainable, **R**ealistic and **T**ime Sensitive.

**Determine a good goal for yourself for the following:**

Relationships at Home: \_\_\_\_\_

\_\_\_\_\_

Healthy Eating: \_\_\_\_\_

\_\_\_\_\_

Relationships with Friends: \_\_\_\_\_

\_\_\_\_\_

Active Living: \_\_\_\_\_

\_\_\_\_\_

Money: \_\_\_\_\_

\_\_\_\_\_

Work: \_\_\_\_\_

\_\_\_\_\_

School: \_\_\_\_\_

\_\_\_\_\_