

Specific | The goal should be clear and well-defined. Instead of a vague objective like “I want to get fit,” specify exactly what you want to achieve, such as “I want to exercise 30 minutes a day.”

Measurable | You need to be able to track your progress and know when the goal has been achieved. For example, “I will drink 94 oz of water daily” is measurable because you can track your water intake.

Achievable | The goal should be realistic and attainable. Consider your current resources, capabilities, and time when setting your goal. An example might be, “I will increase my running distance by 1 mile every two weeks,” which is achievable with gradual effort.

Relevant | The goal should align with your broader objectives and values. It should be something meaningful and worthwhile. For example, “I want to reduce stress through yoga” might be relevant if your overall goal is to improve mental health.

Time bound | Set a deadline for achieving the goal. This helps create a sense of urgency and helps with focus. For example, “I will complete a 5k race in 3 months” provides a specific time frame for the goal.



GOALS

1 _____

2 _____

3 _____
