



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



DRAFT GOAL

DIG DEEPER

Why is this goal so important to me? _____

Why do I want to make this goal right now? _____

What do I hope to accomplish by making this goal? _____

MAKE IT S.M.A.R.T.

SPECIFIC. Break it down. _____

MEASURABLE. How often can I engage my goal? _____

ACHIEVABLE. How will this work with my schedule? _____

REALISTIC. How is this challenging, yet achievable? _____

TIME SENSITIVE. When will I stop to assess if it's working? _____

FINAL GOAL
