|  |  |  |
| --- | --- | --- |
| General Goal: | | |
| Specific | What is goal in more detail? |  |
| Measurable | How will I measure progress? |  |
| Achievable | What might stop me?  Do I have time/resources to do it? |  |
| Relevant | Why am I doing it? |  |
| Timed | When will I do it? |  |

|  |  |  |
| --- | --- | --- |
| What work do I need to do? | My Action List | Target Date |
|  | 1. |  |
| 2. |  |
| 3. |  |
| 4 |  |
| 5. |  |
| 6, |  |
| 7. |  |
| 8. |  |
| 9. |  |
| 10. |  |