

Goal Setting: Power and Success

Goal # ____ (*prioritize, and work on 1 goal at a time*)

Describe your Goal (*remember, SMART goals are Specific, Measurable, Achievable, Relevant, and Time-bound*):

Why are you 100% totally committed to achieving this goal?

The NEGATIVE COSTS
of NOT achieving this
goal include:

The POSITIVE BENEFITS of
SUCCESSFULLY achieving
this goal include:

I am 100% ready and committed to achieving this goal!

Signature _____ Date _____