

Take time to think through each area of your life and then write down SMART goals for each of the categories. Remember that a SMART goal is:

- S - Specific
- M - Measurable
- A - Achievable
- R - Realistic in Time and Skill
- T - Time Based

## PERSONAL

In the next 10 days, I will \_\_\_\_\_

---

---

---

---

---

---

---

---

In the next 10 months, I will \_\_\_\_\_

---

---

---

---

---

---

---

---

---

---

## FAMILY

In the next 10 days, I will \_\_\_\_\_

---

---

---

---

---

In the next 10 months, I will \_\_\_\_\_

---

---

---

---

## FINANCIAL

In the next 10 days, I will \_\_\_\_\_

---

---

---

---

---

In the next 10 months, I will \_\_\_\_\_

---

---

---

---

---

## BUSINESS

In the next 10 days, I will \_\_\_\_\_

---

---

---

---

---

In the next 10 months, I will \_\_\_\_\_

---

---

---

---

## SPIRITUAL

In the next 10 days, I will \_\_\_\_\_

---

---

---

---

---

In the next 10 months, I will \_\_\_\_\_

---

---

---

---

---