

Monthly Goals.

Month

Write a weekly goal in each box. Make each goal simple and something you know you can accomplish. Don't spend more than 30 minutes working on this. Think of small goals. Tiny steps are more achievable.

Try to make each goal SMART.

Specific - **M**easurable - **A**chievable - **R**ealistic - **T**ime managed

Then write your reward for completing your goals. The reward must be something you really want and can get. Make sure it means something to you.

Week 1

Week 2

Week 3

Week 4

For completing _____ goals my reward is _____

Reflect on your goals at the end of the month. How have you done? Evaluate your progress with these three questions:

1. What did I do well?
2. What could I improve on?
3. How will I implement those improvements?

