

# Goal Setting

**S**.pecific **M**.easurable **A**.ttainable **R**.elevant **T**.ime-bound

Goal #1: \_\_\_\_\_  
Subgoal: \_\_\_\_\_  
Subgoal: \_\_\_\_\_  
How will I measure? \_\_\_\_\_  
End Date: \_\_\_\_\_

Goal #2: \_\_\_\_\_  
Subgoal: \_\_\_\_\_  
Subgoal: \_\_\_\_\_  
How will I measure? \_\_\_\_\_  
End Date: \_\_\_\_\_

Goal #3: \_\_\_\_\_  
Subgoal: \_\_\_\_\_  
Subgoal: \_\_\_\_\_  
How will I measure? \_\_\_\_\_  
End Date: \_\_\_\_\_

Goal #4: \_\_\_\_\_  
Subgoal: \_\_\_\_\_  
Subgoal: \_\_\_\_\_  
How will I measure? \_\_\_\_\_  
End Date: \_\_\_\_\_

★ *The Princess &  
Her Cowboys* ★