

S.M.A.R.T GOAL TEMPLATE

	S (Specific)	M (Measurable)	A (Attainable)	R (Relevant)	T (Time-bound)
Personal Growth (Emotional growth, weight loss/gain...)					
Health (Exercise goals...)					
Business Life (Promotion at work, new job, freelance career...)					
Family & Friends (Expand family, Meet new people, Spend more quality time with friends and family...)					
Travels (Travel to South Africa, spend two weeks in Thailand...)					