

## MY GOALS FOR 2011

NAME \_\_\_\_\_

<b>8</b> <small>Write in pencil and give a date to each</small>	<b>S</b> <small>State what you want</small>	<b>M</b> <small>Measure how much</small>	<b>A</b> <small>When will it happen</small>	<b>R</b> <small>What will you do</small>	<b>T</b> <small>What will you do</small>	<b>E</b> <small>How often will you do it</small>	<b>R</b> <small>What will you do</small>
<small>Write your goal</small>							
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