

Recreation & Leisure

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Education & Training

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Financial

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Education & Training

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Family & Relationship

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Health & Fitness

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Guidelines

- ✓ Define 5 goals in each of the 5 categories + 5 for a category you choose yourself
- ✓ Make **SMART goals**:
  - ✓ **S**pecific
  - ✓ **M**easurable
  - ✓ **A**ttainable
  - ✓ **R**elevant
  - ✓ **T**ime-bound
- ✓ Communicate your goals to others, enforcing the contract with yourself
- ✓ Review and track regularly
- ✓ Reach your goals and check-off
- ✓ Give yourself a reward

*Keep this booklet in your wallet*

More on @www.iSetMyGoals.com

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5x5+5 GOALS