

S

SPECIFIC (describe your goal)

M

MEASURABLE (how can you track progress?)

A

ACHIEVABLE (is this possible? how?)

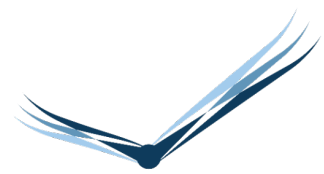
R

RELEVANT (does this goal align with the bigger picture?)

T

TIMELY (what is the deadline?)

GOALS



MentalMinutes  
SUCCESS COACHING