

GOAL Goal Setting Action Sheet

What is my GOAL which I want to achieve?

By when do I want to achieve my GOAL?

Why do I want to achieve my GOAL?

How would my life when I have achieved my GOAL?

! My MAP (Massive Action Plan) to achieve my GOAL (Never change the GOAL adjust the plan) !



GOALS do not work if we do not take action, remember to take action by making use of an action plan.



My Results (My Progress and Date)

Date I achieved my GOAL!

“It's not about the goal. It's about growing to become the person that can accomplish that goal.” -

Tony Robbins

SMART GOALS

- ▶ **S** = Specific
- ▶ **M** = Measurable
- ▶ **A** = Attainable
- ▶ **R** = Relevant
- ▶ **T** = Time Bound



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