

What is your aspiration for the year in one word or simple phrase?

Why does this matter to you?

AREAS OF FOCUS & S.M.A.R.T GOALS 2017

Are your goals SMART?

- S = Specific
- M = Measurable
- A = Attainable
- R = Realistic
- T = Timeline

Who will hold you accountable for achieving your goals:

I _____ commit to creating all this in my life!

Area of Focus #5:

Goal #1:

Deadline:

Goal #2:

Deadline:

Area of Focus #2:

Goal #1:

Deadline:

Goal #2:

Deadline:

Area of Focus #1:

Goal #1:

Deadline:

Goal #2:

Deadline:

Area of Focus #4:

Goal #1:

Deadline:

Goal #2:

Deadline:

Area of Focus #3:

Goal #1:

Deadline:

Goal #2:

Deadline:

What worked in 2016?

What didn't work?

What do I need to START doing this year?

What do I need to STOP doing this year?

What skills, info or support do I need?