

NAME:

THE GOAL I AM COMMITTING TO IS

THIS GOAL IS....

SPECIFIC - WHAT DO I WANT TO ACCOMPLISH?
MEASURABLE - HOW WILL I MEASURE MY GROWTH?
ACHIEVABLE - WHAT STEPS AM I TAKING TO ACHIEVE THIS GOAL?
RELEVANT - IS THIS GOAL IN LINE WITH MY LONG TERM DREAMS?
TIME BOUND - I HAVE SET MY DUE DATE FOR:

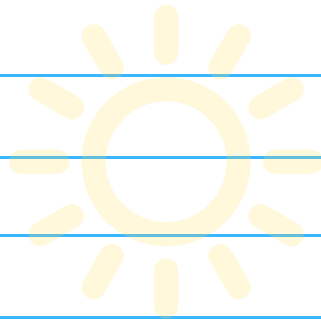
ACTION STEPS

DAILY

WEEKLY

MONTHLY

YEARLY



DATE STARTED

WHY THIS GOAL IS IMPORTANT TO ME

DATE ACHIEVED

POSITIVE AFFIRMATIONS

I AM....

your friends at DANCE TIPS DAILY *are rooting for you!*