

*Wild Women Fitness*

# SMART GOALS

**S**

## **SPECIFIC**

LIST 3 GOALS YOU WANT TO ACHIEVE

**M**

## **MEASURABLE**

HOW WILL YOU MEASURE WHEN YOU'VE REACHED THESE GOALS?

**A**

## **ACHIEVABLE**

ARE THEY ACHIEVABLE FROM WHERE YOU ARE NOW?

**R**

## **RELEVANT**

IS YOUR PLAN OF ACTION RELEVANT TO GETTING YOU THERE?

**T**

## **TIME BOUND**

WHEN DO YOU WANT EACH OF THESE GOALS ACHIEVED BY?

*Wild Women Fitness*

# REFLECTIVE GOALS

**IT'S SO EASY TO ALWAYS LOOK FORWARD AT WHAT YOU DON'T YET HAVE, BUT IT'S VITAL TO LOOK BACK AT WHERE YOU'RE COMING FROM...**

**1**

**MONTH**

SOMETHING YOU'VE ACHIEVED IN THE PAST MONTH YOU'RE PROUD OF

**2**

**MONTHS**

HOW WERE YOUR GOALS DIFFERENT 2 MONTHS AGO?

**3**

**MONTHS**

3 THINGS YOU NEVER THOUGHT YOU COULD DO 3 MONTHS AGO...