SETTING GOALS TO GUARANTEE SUCCESS

SMART GOALS

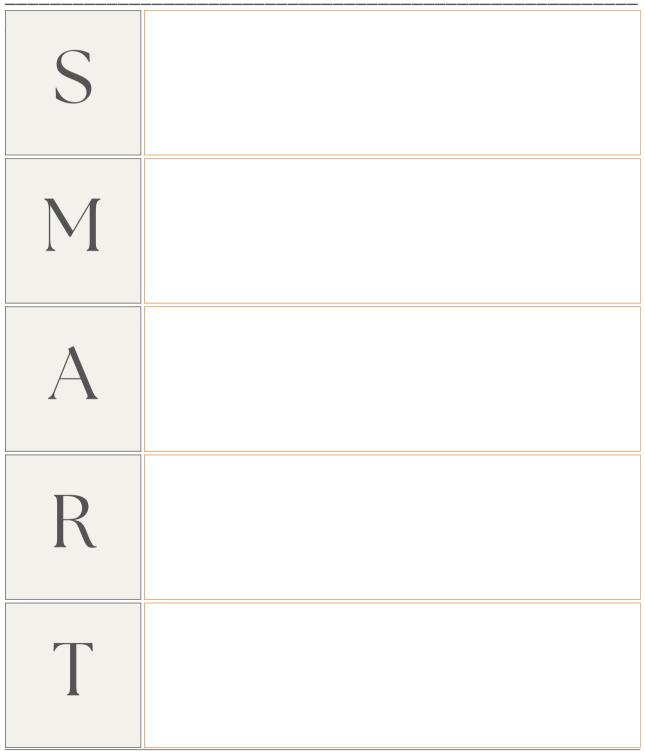
Instructions: For each goal, fill in the details according to the SMART criteria. This will help ensure that your goals are clear, focused, and actionable.

S	SPECIFIC	What exactly do you want to achieve?Why is this goal important?Choose 1 thing to focus on at a time.
Μ	MEASURABLE	 How will you track progress? Can you include a number of times per week/day/month? How will you know when the goal is accomplished?
A	ATTAINABLE	 Is the goal realistic given your current journey? What steps or actions will you take to reach the goal? Do you have the necessary resources/support?
R	RELATIVE	 Will it contribute to your long-term success and growth? Is now the right time to pursue this goal?
Τ	TIMELY	 When will you start working on the goal? What date would you like to check-in on your goal progress? Are there any milestones or checkpoints along the way?

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SMART GOALS

GOAL:



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