



F A B A C A D E M Y

empowering women worldwide

Write Your Goals



Action

Get specific and set measurable, achievable and relevant goals ensuring that they are time-bound.

1. Ensure you have your ideal life clearly visible in your mind
2. To be able to achieve this ideal life, ask yourself what are the SMART goals that you need to set? Ask yourself WHY this goal is important to you. Use the template provided to set your SMART goals.
3. Print out a copy of the template for each of your SMART goals and complete one for each goal.
4. **Write at least 3 SMART goals**, but no more than 8. If you have more than 8 goals, then you may risk spreading your time and energy too thin across each of your goals. Think through which goals matter MOST for you in the next 12 months.
 - Which goals will have the **biggest impact** on your life?
 - Which goals do you **need to achieve before other goals** can be attained?
 - Which goals will give you the **most energy and motivation** and build momentum for you?



My Goal

My Goal:	
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WHY I want to achieve this:	
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Specific: <i>What specifically will I achieve?</i>	
Measurable: <i>How will I measure it?</i>	
Achievable: <i>Is it achievable?</i>	
Relevant: <i>Is it relevant to my ideal life?</i>	
Time-Bound: <i>By when will I achieve it?</i>	