

S . M . A . R . T . G O A L S P L A N # 2

Writing down your goals is the first step in finding success. Seeing them on paper will help you clarify the steps you need to take to achieve them. If you feel stuck or aren't sure what to write, remember that what you write doesn't have to be perfect. What matters most is the honesty and sincerity you put behind establishing S.M.A.R.T. goals for your life.

Use the prompts here to write down what you want to focus on in the next year. Keep in mind that each goal you make should be Specific, Measurable, Accurate, Realistic and Timely.

1. **Body** – Goals related to your physical well-being, acceptance of what you cannot change, instincts that require guidance, etc.

2. **Mind** – Goals related to new learning, balancing emotions, organization, faulty thought processes, etc.



S.M.A.R.T. GOALS PLAN #2

3. **Sin Nature** – Goals related to resisting the lies, impulses and negative influences in your life

4. **Soul/Spirit** – Goals related to the development or practice of your faith

5. **Identity** – Goals related to your personal growth, character, life purpose, etc.
