**Smart Goals (Specific, Measurable, Actionable, Realistic, Timely)**

**“In 1 year I will…”**

**Career: I want to help 20 clients through the Make Time Productivity System. Honesty-**

**Finances:**

**Physical Health: Lose 40 lbs**

**Spiritual Health:**

**Self-Improvement:**

**Fun/Recreation: I will successful pass pilot’s license**

**Relationship with Spouse:**

**Rel. w/Family:**

**Rel. w/ Friends:**

**and Rel. w/Community:**

**“In 1 month I will…”**

**Career: Enroll 2 clients this month in the MTPS**

**Finances:**

**Physical Health:**

**Spiritual Health:**

**Self-Improvement:**

**Fun/Recreation:**

**Relationship with Spouse:**

**Rel. w/Family:**

**Rel. w/ Friends:**

**Rel. w/Community:**

**“In 1 week I will…**

**Career:**

**Finances:**

**Physical Health:**

**Spiritual Health:**

**Self-Improvement:**

**Fun/Recreation:**

**Relationship with Spouse:**

**Rel. w/Family:**

**Rel. w/ Friends:**

**Rel. w/Community:**