

## Goal Setting

- S Specific
- M Measurable
- A Attainable
- R Realistic
- T Time-bound



# MONTHLY GOALS CHECKLIST

MONTH: \_\_\_\_\_

YEAR: \_\_\_\_\_

**GOAL:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**COMPLETE BY:** \_\_\_\_\_

**ACTIONS:**

	<b>DONE</b>
_____	<input type="checkbox"/>
_____	<input type="checkbox"/>
_____	<input type="checkbox"/>
_____	<input type="checkbox"/>
_____	<input type="checkbox"/>
_____	<input type="checkbox"/>
_____	<input type="checkbox"/>

**GOAL:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**COMPLETE BY:** \_\_\_\_\_

**ACTIONS:**

	<b>DONE</b>
_____	<input type="checkbox"/>
_____	<input type="checkbox"/>
_____	<input type="checkbox"/>
_____	<input type="checkbox"/>
_____	<input type="checkbox"/>
_____	<input type="checkbox"/>
_____	<input type="checkbox"/>

**GOAL:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**COMPLETE BY:** \_\_\_\_\_

**ACTIONS:**

	<b>DONE</b>
_____	<input type="checkbox"/>
_____	<input type="checkbox"/>
_____	<input type="checkbox"/>
_____	<input type="checkbox"/>
_____	<input type="checkbox"/>
_____	<input type="checkbox"/>
_____	<input type="checkbox"/>

**GOAL:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**COMPLETE BY:** \_\_\_\_\_

**ACTIONS:**

	<b>DONE</b>
_____	<input type="checkbox"/>
_____	<input type="checkbox"/>
_____	<input type="checkbox"/>
_____	<input type="checkbox"/>
_____	<input type="checkbox"/>
_____	<input type="checkbox"/>
_____	<input type="checkbox"/>