

Goal plan

SMART

Specific, Measurable, Attractive, Realistic, Time-bound

10 things I want to do, be, have or become:

1. _____ Date: _____
2. _____ Date: _____
3. _____ Date: _____
4. _____ Date: _____
5. _____ Date: _____
6. _____ Date: _____
7. _____ Date: _____
8. _____ Date: _____
9. _____ Date: _____
10. _____ Date: _____

**Set goals in 90-day cycles or from event to event.
The more specific the goal is, the easier it will be
to make a plan and reach it.**

Goals

90 days: _____

1 year: _____

3 years: _____

5 years: _____

To achieve this, I will put in _____ hours per week with Zinzino.