

GOAL SETTING PLANNER

WHAT IS MY WHY?

SMART Goals I am going to smash!

Today's date: _____

I believe in myself! I will work hard to achieve this **SMART Goal**:

_____ by this date: _____

How am I going to achieve this goal? **PLAN IT**

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How am I going to achieve this goal? **PLAN IT**

BE ACCOUNTABLE—YOUR SUPPORT PLAN & PEOPLE

When I've smashed my goals I am going to **REWARD** myself by:

How am I going to feel when I realise I've achieved these goals?

Now you've written your goals down, and you're feeling super pumped, motivated and accountable to yourself, get out there and nail it!!

BELIEVE in yourself
ACHIEVE your goals
INSPIRE others....

You got this girl!

X Sarah

 @strongwomannz

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 strongwoman.co.nz

