

BIRTHDAY RESOLUTIONS

FOR EACH OF THE CATEGORIES BELOW, WRITE DOWN THINGS YOU ARE DOING WELL AND WHERE YOU NEED IMPROVEMENT. TAKE THE TIME TO REFLECT ON THESE, AND WRITE A GOAL FOR EACH CATEGORY.

CATEGORY	WHAT I'M DOING WELL	WHERE I NEED IMPROVEMENT	MY GOALS
<i>FAMILY/ RELATIONSHIPS</i>			
<i>HEALTH</i>			
<i>CAREER</i>			
<i>FINANCES</i>			
<i>PERSONAL GROWTH</i>			
<i>HOBBIES</i>			

SMART GOALS

WHEN SETTING GOALS, MAKE SURE IT FOLLOWS THE SMART STRUCTURE.
USE THE QUESTIONS BELOW TO CREATE YOUR GOALS.

S

SPECIFIC

WHAT DO I WANT TO
ACCOMPLISH?

MY GOAL IS:

M

MEASURABLE

HOW WILL I KNOW WHEN
IT IS ACCOMPLISHED?

I WILL TRACK MY PROGRESS BY:

A

ACHIEVABLE

HOW CAN THE GOAL BE
ACCOMPLISHED?

I WILL ACHIEVE THIS GOAL BY DOING
THE FOLLOWING:

R

RELEVANT

DOES THIS SEEM
WORTHWHILE?

THIS GOAL HELPS ME BECAUSE:

T

TIME BOUND

WHEN CAN I ACCOMPLISH
THIS GOAL?

I WILL COMPLETE THIS GOAL BY (DATE):