

**S.M.A.R.T.R. Goals**

<b>AREA OF LIFE</b>	<b>S</b> What are my specific goals ?	<b>M</b> How will I measure this?	<b>A</b> Achievable?	<b>R</b> When will I assess this next?	<b>T</b> I will achieve my goal by when?	<b>R</b> What is my reward when I do?	<b>TO DO</b> List 3 tasks to do/behaviours to achieve this goal
<i>Example</i>	<i>Be fitter and healthier</i>	<i>I will lose 8 kgs</i>	<i>Yes</i>	<i>Monthly, starting Jun 30 2018</i>	<i>By Dec 31, 2018</i>	<i>A new dress</i>	<i>Eat better, start exercise program, hire a personal trainer twice per week, prepare lunch 3x a week</i>