



2018 GOALS



Career

- 1.
- 2.
- 3.
- 4.



Personal Growth

- 1.
- 2.
- 3.
- 4.



Love/ Romance

- 1.
- 2.
- 3.
- 4.



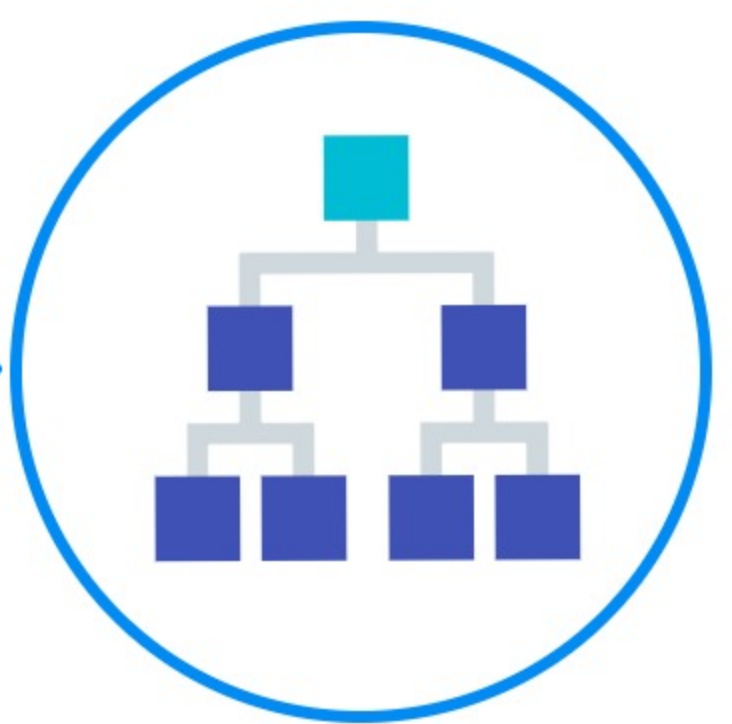
Family & Friends

- 1.
- 2.
- 3.
- 4.



Health & Fitness

- 1.
- 2.
- 3.
- 4.



Community involvement

- 1.
- 2.
- 3.
- 4.



Finances

- 1.
- 2.
- 3.
- 4.



Fun & Recreation

- 1.
- 2.
- 3.
- 4.

Guidelines for setting SMART goals.

Your goals must be:

- Specific
- Measurable
- Achievable
- Realistic
- Time framed