

TARGET AMULET

Make your goals S. M. A. R. T.

S = Specific

M = Measurable

A = Achievable

R = Relevant

T = Time Based



Splitting a big task into smaller achievable goals makes it much more manageable and you'll feel less weighed down by what you need to accomplish .

This feels
AMAZING ...
what's next?



GROWTH MINDSET POWER-UP

Making your goals SMART will help you be focused and give you more time to do the things you want to do.

S - Specific

What do you want to achieve?

M - Measurable

How will you know you've achieved it?

A - Attainable

What's a realistic outcome?

R - Relevant

Why is this important?

T - Time Bound

When will you achieve this by?

