

Name: \_\_\_\_\_ Date: \_\_\_\_\_

**Specific:** Do you know exactly what you will do?  
**My Own:** Is it your own goal? Does it depend on anyone else to get done?  
**Action-Oriented:** Is it about your behaviour, not your thoughts or feelings?  
**Realistic:** Are you sure you can do it? Is the finish line obvious?  
**Time-Defined:** When will you do it?

## Done? Goal

[illegible]