

Recreation & Leisure

1

\_\_\_\_\_

2

\_\_\_\_\_

3

\_\_\_\_\_

4

\_\_\_\_\_

5

© iSetMyGoals.com

© iSetMyGoals.com

1

\_\_\_\_\_

2

\_\_\_\_\_

3

\_\_\_\_\_

4

\_\_\_\_\_

5

© iSetMyGoals.com

© iSetMyGoals.com

Guidelines

- ✓ Define 5 goals in each of the 5 categories + 5 for a category you choose yourself
- ✓ Make **SMART goals**:
  - ✓ **S**pecific
  - ✓ **M**easurable
  - ✓ **A**ttainable
  - ✓ **R**elevant
  - ✓ **T**ime-bound
- ✓ Communicate your goals to others, enforcing the contract with yourself
- ✓ Review and track regularly
- ✓ Reach your goals and check-off
- ✓ Give yourself a reward

*Keep this booklet in your wallet*

More on ©www.iSetMyGoals.com

© iSetMyGoals.com

5

\_\_\_\_\_

4

\_\_\_\_\_

3

\_\_\_\_\_

2

\_\_\_\_\_

1

\_\_\_\_\_

© iSetMyGoals.com



# 5x5+5 GOALS 2010

© iSetMyGoals.com

© iSetMyGoals.com

5

\_\_\_\_\_

4

\_\_\_\_\_

3

\_\_\_\_\_

2

\_\_\_\_\_

1

\_\_\_\_\_

© iSetMyGoals.com

Financial

1

\_\_\_\_\_

2

\_\_\_\_\_

3

\_\_\_\_\_

4

\_\_\_\_\_

5

© iSetMyGoals.com

Education & Training

1

\_\_\_\_\_

2

\_\_\_\_\_

3

\_\_\_\_\_

4

\_\_\_\_\_

5

© iSetMyGoals.com

Family & Relationship

1

\_\_\_\_\_

2

\_\_\_\_\_

3

\_\_\_\_\_

4

\_\_\_\_\_

5

© iSetMyGoals.com

Health & Fitness

1

\_\_\_\_\_

2

\_\_\_\_\_

3

\_\_\_\_\_

4

\_\_\_\_\_

5

© iSetMyGoals.com