



Setting goals

my roadmap to success

Ultimate Goal

Goal #3

Goal #2

Goal #1

SMART

- Specific:** set real outcomes (60 min to the top)
- Measurable:** use small goals to make it to the top
- Attainable:** You need to be able to reach them
- Realistic:** Suitable to your life and levels.
- Time bound:** Set a time limit (within 3 months, 3 days a week, 30 min. etc)

WHY?

WHAT?

HOW?