

A process for staying engaged and present in your goals. Setting three parameters within a goal for more realistic and achievable results. Then ensuring the goal is well-rounded and clear.

GOAL 1:

A (Acceptable / Lazy): _____

I (Ideal / Crazy): _____

M (Middle Ground / Comfortable Stretch): _____

S (Specific): _____

M (Measurable): _____

A (Achievable): _____

R (Reasonable): _____

T (Time-Oriented): _____

Accountability: _____

GOAL 2:

A (Acceptable / Lazy): _____

I (Ideal / Crazy): _____

M (Middle Ground / Comfortable Stretch): _____

S (Specific): _____

M (Measurable): _____

A (Achievable): _____

R (Reasonable): _____

T (Time-Oriented): _____

Accountability: _____