MY MONTHLY PLANNER

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GOALS FOR THE MONTH

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

REMEMBER

Specific

Create criteria

Measurable

Track your progress

SMART

Develop attitudes, abilities, skills

Attainable

Plan your steps

Realistic

Willing and able to work towards the goal

Timely

Anchor your goal to a specific date

WINS FOR THE MONTH
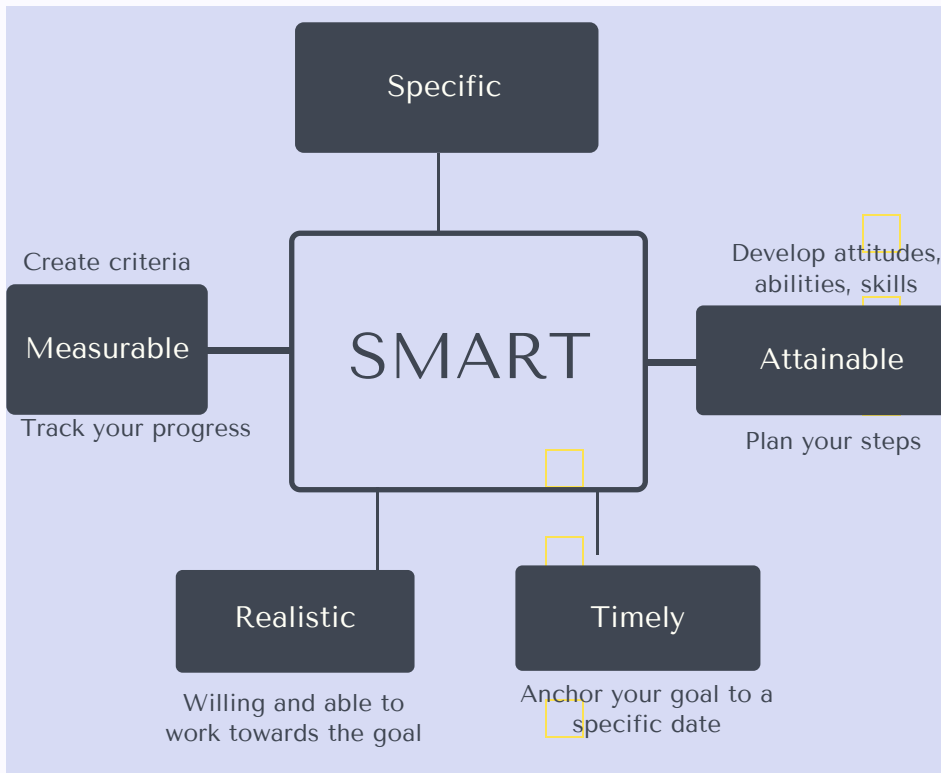
HOW TO IMPROVE NEXTMONTH