**Goals for the Month**

- Goal 1
- Goal 2
- Goal 3
- Goal 4
- Goal 5

**Remember**

**SMART**

- **Specific**: Create criteria
- **Measurable**: Track your progress
- **Realistic**: Willing and able to work towards the goal
- **Attainable**: Develop attitudes, abilities, skills
- **Timely**: Plan your steps
- **Wish**: Anchor your goal to a specific date

**Wins for the Month**

**How to Improve Next Month**