**Habit 2: Begin with the End in Mind**

Goal Setting Step-by-Step

Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Block \_\_\_\_\_\_\_\_\_

Remember to think S.M.A.R.T. when setting your goals.

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| **Specific**  *Example: My goal is to save $200 to buy an IPOD for my dad by December 25 because I lost his first one.*  (please write your specific goal in the space provided)  Who? What? When? Where? Why? |  |
| **Measureable**  *Example: I will save $20 a week for 10 weeks.*  (How will you monitor your goal? Ask: How often? How many? How much? |  |
| **Attainable**  *Example: I will do extra chores and babysit to save the money.*  (What are the steps you need to take to reach this goal?) |  |
| **Realistic**  *Example: Yes, I have earned money before and know how to save it.*  Is this a goal that you can achieve? How do you know? |  |
| **Time**  *Example: I want to reach my goal by December 24, 2011*  (When do you want to reach your goal?) |  |