**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?) |  |