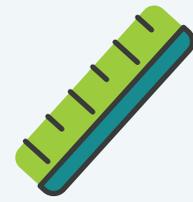




Set a Goal Based on What You've Learned



Use this worksheet to set goals and implement what you've learned from the book you read.

TIP

Use the SMART method when analyzing your goal. SMART stands for Specific, Measurable, Attainable, Relevant and Timebound.

INSTRUCTIONS

- 1 Write down what you've learned from the book.
- 2 Review the elements of SMART goals.
- 3 Write a SMART goal based on one of the things you learned from the book.
- 4 Track your progress weekly, monthly or both.

KEY TAKEAWAYS

BOOK:

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| ELEMENTS | RELATED QUESTIONS | EXAMPLE |
|-----------------------|----------------------------------|---|
| S = Specific | What are you saving for? | Buy a house |
| M = Measurable | How much do you want to save? | \$30,000 |
| A = Attainable | Is this realistic? | Yes, if I set a budget and live within my means |
| R = Relevant | Is it worth saving for and why? | Yes, my dream is to own my own home |
| T = Timebound | When will you achieve this goal? | 5 years |

