**GOAL CHART**

|  |  |
| --- | --- |
| **Name** | **Date** |
|  |  |
| **Intention** | **Specific** | **Measurable** | **Attainable** | **Relevant** | **Time based** |
| **What is it that you wish to achieve?** | **Who? What? Why?****Where? When?** | **How much? How often? How many?** | **Achievable?** | **Is it crucial to what you wish to ultimately achieve?** | **When?** |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |