

# My Life Roadmap

There is a SMART way to write our goals.

SMART goals must be: S- Specific; M- Measurable; A- Achievable; R- Relevant; T- Time-bound.

S: What exactly will I achieve?

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M: How will I know I have achieved it?

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A: Do I have enough time/resources/knowledge or can I learn it?

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R: Is this goal important to me or someone else?

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T: What is the date for completion? \_\_\_\_\_

Rewrite your goal in full: eg. *By April 1st I will be able to run 4km without stopping.*

My Long Term Goal is:

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## Short term goals

It is important to break your long term goal up into smaller actionable steps. What will need to be achieved each month and week to enable you to reach your destination?

My short term goals are:

Monthly

1.

2.

3.

4.

5.

6.

Weekly

Week 1

Week 2

Week 3

Week 4

Each day, read your long term goal then look at your short term goals and decide what actions must be taken today so that you can achieve them. Write these down where they can be seen and tick them off once they have been completed.