

# SMART.

## goal EXAMPLES



### SPORTS

- Run 30 minutes a day, 5 times a week
- Go to all of my training sessions for the next 2 months
- Shoot 200 extra free throws a week

### Relationships

- Do an outdoor family activity once a month
- Organize family reunion
- Be present at each family dinner

### Health

- Eat veggie dish 3 times a week
- Eat a homecooked meal twice a day
- Drink 8 glasses of water a day

### Personal Development

- Read one non-fiction book a month
- Find a mentor and schedule monthly meetings/calls
- Journal 10 minutes a day

### passions + interests

- Write 500 words a day for my blog
- Volunteer at a local hospital 3 times a month
- Raise \$1000 for charity

**S**pecific **M**easurable **A**ttainable **R**elevant **T**ime-bound