

MY GRATITUDE GOALS

Goals challenge
10 points!

HINT:

Choose goals that are

- Specific - really clear.
- Measurable - you can tell when it is done.
- Attainable - you can reach it.
- Relevant - it's meaningful to you.
- Timebound - you have a deadline.

Name: _____

My goals this month are:



REMEMBER TO INCLUDE MILESTONES AND REWARDS FOR REACHING YOUR GOALS!