

MANTAS GOAL SETTING

Set a SMART goal that is specific, measurable, attainable, relevant, and time orientated!

Name: _____

Date: _____

My goal is : _____

Steps to reach my goal:

What the coaches can do to help you reach your goal:

Goal Completion Date: _____

Estimated Completion Date: _____

I know I will have reached my goal because: _____

