

### My S.M.A.R.T Goals

Setting S.M.A.R.T. goals helps you stay focused on achieving them. Putting your goals in writing makes them seem more real. Use this form to write your goals. Read your goals out loud, and often. That will help make them seem even more real.

Time Frame	Achievement Date	Amount Needed to Achieve Goal (if applicable)	Monthly Savings Needed to Achieve Goal (if applicable)
<i>Short Term (goals you want to achieve in 1 to 3 months)</i>			
<i>Medium Term (goals you want to achieve in 3 to 12 months)</i>			
<i>Long Term (goals you want to achieve in one year or more)</i>			