

Goal Setting
Fearless Class Card

Turn Your SMART Goal into a Plan

"A goal without a plan is just a wish." —Antoine de Saint-Exupéry

Set SMART Goal	Put in Effort	See Small Changes	Target Date
Start Date: _____	Things I have to do to achieve my goal	Proof that the effort is working	_____

THE
BEST
GOALS
ARE:
Specific
Measurable
Achievable
Relevant
Time-Bound

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