

**WRITE YOUR S.M.A.R.T. GOAL 2019 HERE: \_\_\_\_\_**

- **Strategic** \_\_\_\_\_
- **Measurable** \_\_\_\_\_
- **Attainable** \_\_\_\_\_
- **Relevant** \_\_\_\_\_
- **Time-bound** \_\_\_\_\_

**It's always good to have a why and remember why do you want to achieve this S.M.A.R.T. Goal when it's the middle of summer and you've got to go out in the hot...**