



Goal Setting

Goal 1:

<input type="checkbox"/>	Specific	
<input type="checkbox"/>	Measurable	
<input type="checkbox"/>	Achievable	
<input type="checkbox"/>	Relevant	
<input type="checkbox"/>	Time-bound	
<input type="checkbox"/>	Inspiration	
<input type="checkbox"/>	Emotion	

Goal 2:

<input type="checkbox"/>	Specific	
<input type="checkbox"/>	Measurable	
<input type="checkbox"/>	Achievable	
<input type="checkbox"/>	Relevant	
<input type="checkbox"/>	Time-bound	
<input type="checkbox"/>	Inspiration	
<input type="checkbox"/>	Emotion	

Goal 3:

<input type="checkbox"/>	Specific	
<input type="checkbox"/>	Measurable	
<input type="checkbox"/>	Achievable	
<input type="checkbox"/>	Relevant	
<input type="checkbox"/>	Time-bound	
<input type="checkbox"/>	Inspiration	
<input type="checkbox"/>	Emotion	