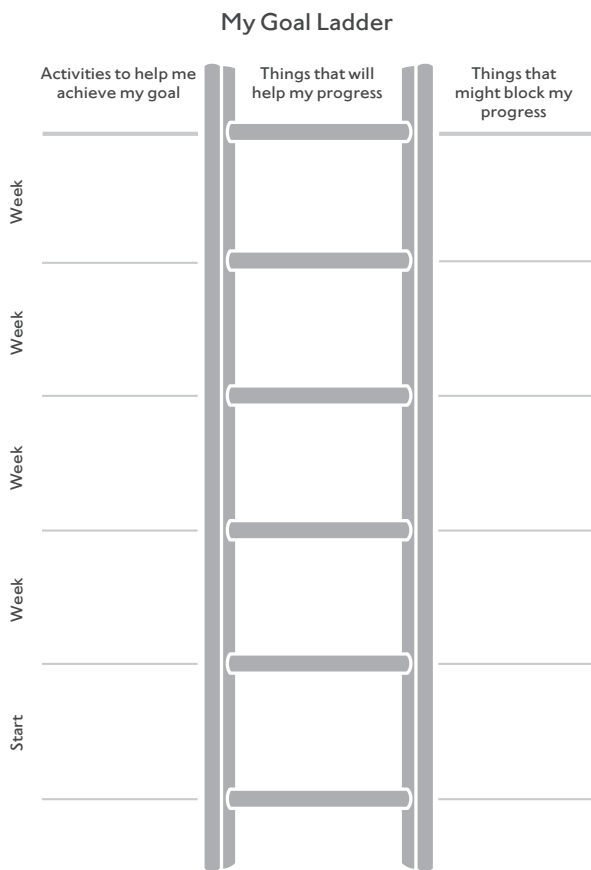


### 3. SMART Goal Steps

My SMART goal at the end of \_\_\_\_\_ weeks is to

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My goal is: \_\_\_\_\_

**Tips:**  
For a goal of six weeks or longer use more ladders.  
To plan better it may help to include the day and time.