

My Goal is	<i>Give your goal a creative, memorable title!</i>
SMART Goal Statement Include measurements, date, specific time frame, number of repetitions, etc.	<i>In order to experience</i> <i>in my life, I will:</i> <i>(S)pecific, (M)easurable, (A)chievable, (R)esonant, (T)hrilling</i>
Completion Date	<i>I will accomplish this goal by:</i>
Potential Obstacles What external messages are not serving me? What holds me back? What do I need to release? What am I resisting? What am I afraid of?	
Personal Reminders What truth am I honoring? What touchstones will I use? What does "on track" feel like?	
Safety Zone	<i>Who in my life is safe enough to share this goal with?</i>
Keep Quiet!	<i>Who in my life is NOT safe? I must NOT share this goal with:</i>
Accountability Partner	<i>Which safe person (with no vested interest) will be my partner and hold me accountable to myself, my goal, my dream and hold my feet to the fire?</i>
Hold Me Accountable!	<i>My accountability partner will help me specifically by:</i>
If I'm off track...	<i>My accountability partner will notice and:</i>
If I do not meet my goal...	<i>My accountability partner will:</i>
Celebrate!	<i>I will celebrate my success by:</i>