

MENTEE RESOURCE COMMUNITY MENTORING SMART GOALS

WORKSHEET

WHAT IS YOUR GOAL

S	Specific
M	Measurable
A	Achievable
R	Relevant
T	Timely

WHAT EXACTLY DO YOU WANT TO ACHIEVE?

HOW WILL YOU MEASURE PROGRESS/SUCCESS?

WHAT DO YOU NEED TO ACHIEVE YOUR GOAL?

WHY IS YOUR GOAL IMPORTANT RIGHT NOW?

WHEN CAN YOU EXPECT TO SLAY THIS GOAL?

Staying the course and keeping on track can be difficult, don't forget R&R while working on your smart goals.

REMINDERS FOR SMART GOALS

REWARDS FOR SMART GOALS

WEEKDAY

WHEEL OF PRODUCTIVITY

WORKSHEET

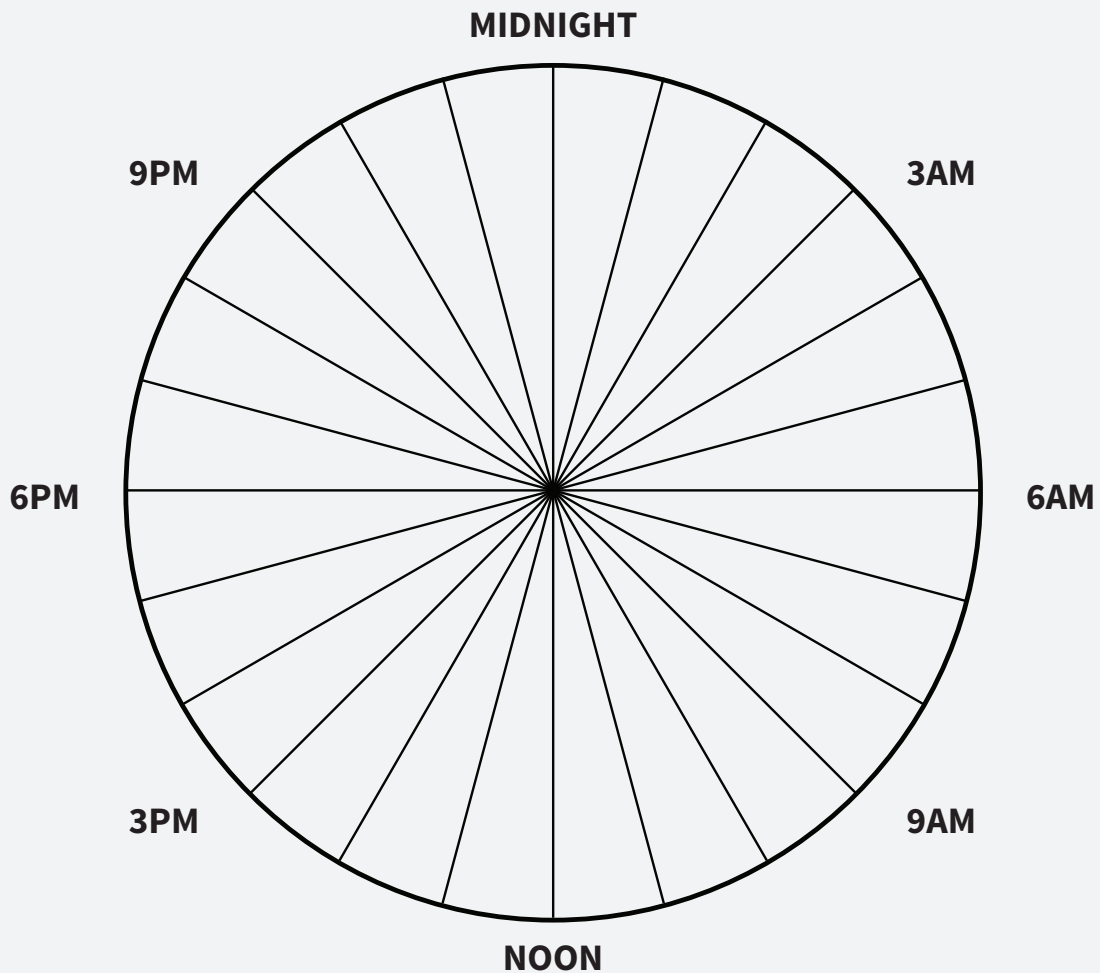
1

Give each type of activity a unique colour or pattern by filling in the box next to it

2

Colour in each hour of the day based on which activity you usually fill that time with

HOW DO YOU SPEND YOUR TIME CURRENTLY?



	Sleep		School		Study		Exercise
	Commute		Relaxing / Fun		Work		Other

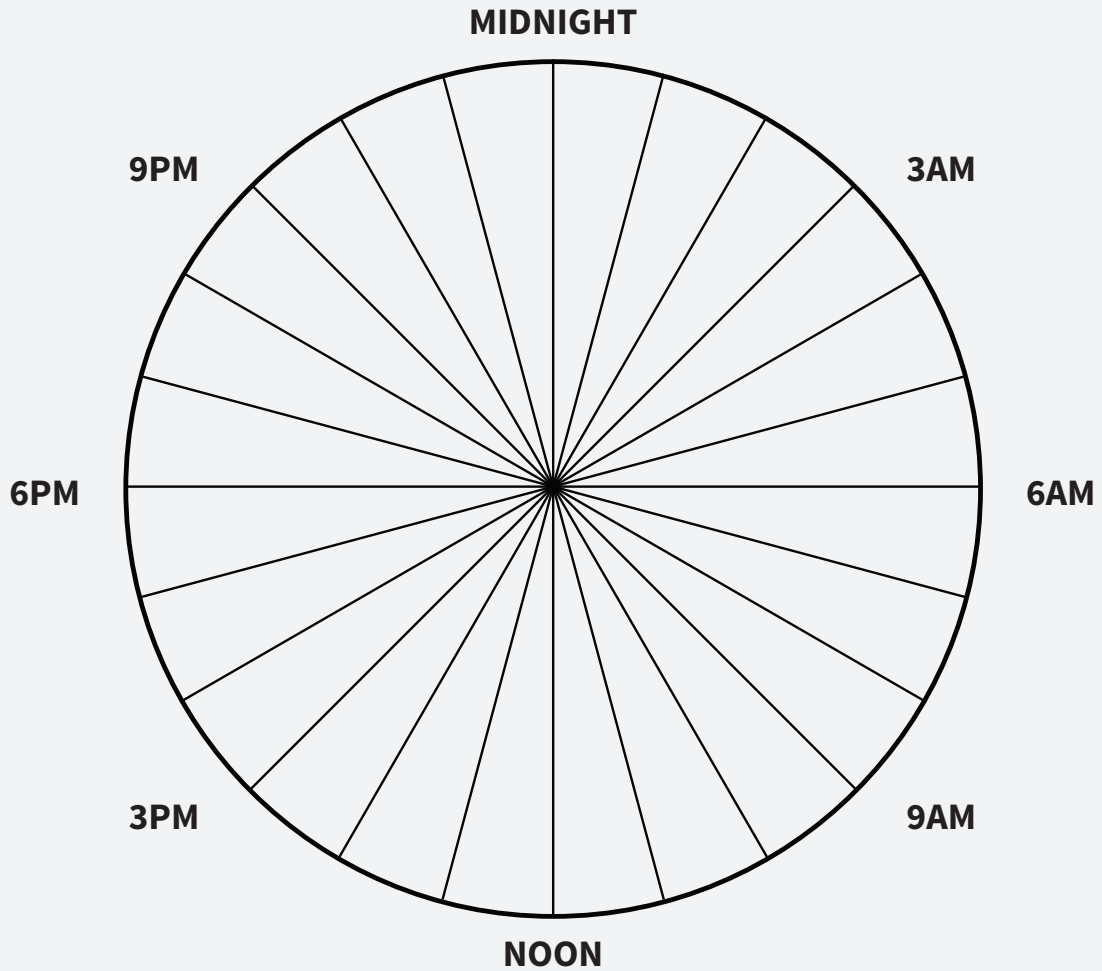
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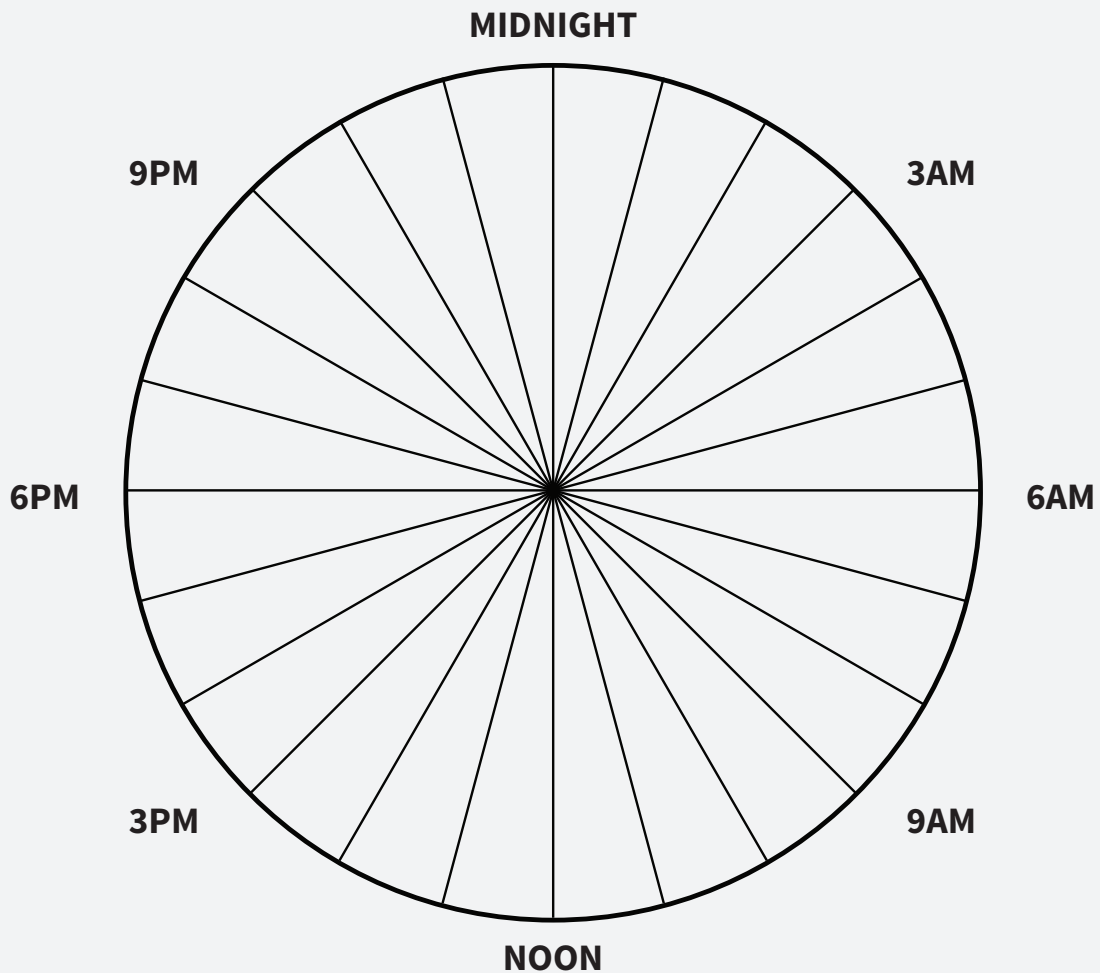
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WHEEL OF PRODUCTIVITY

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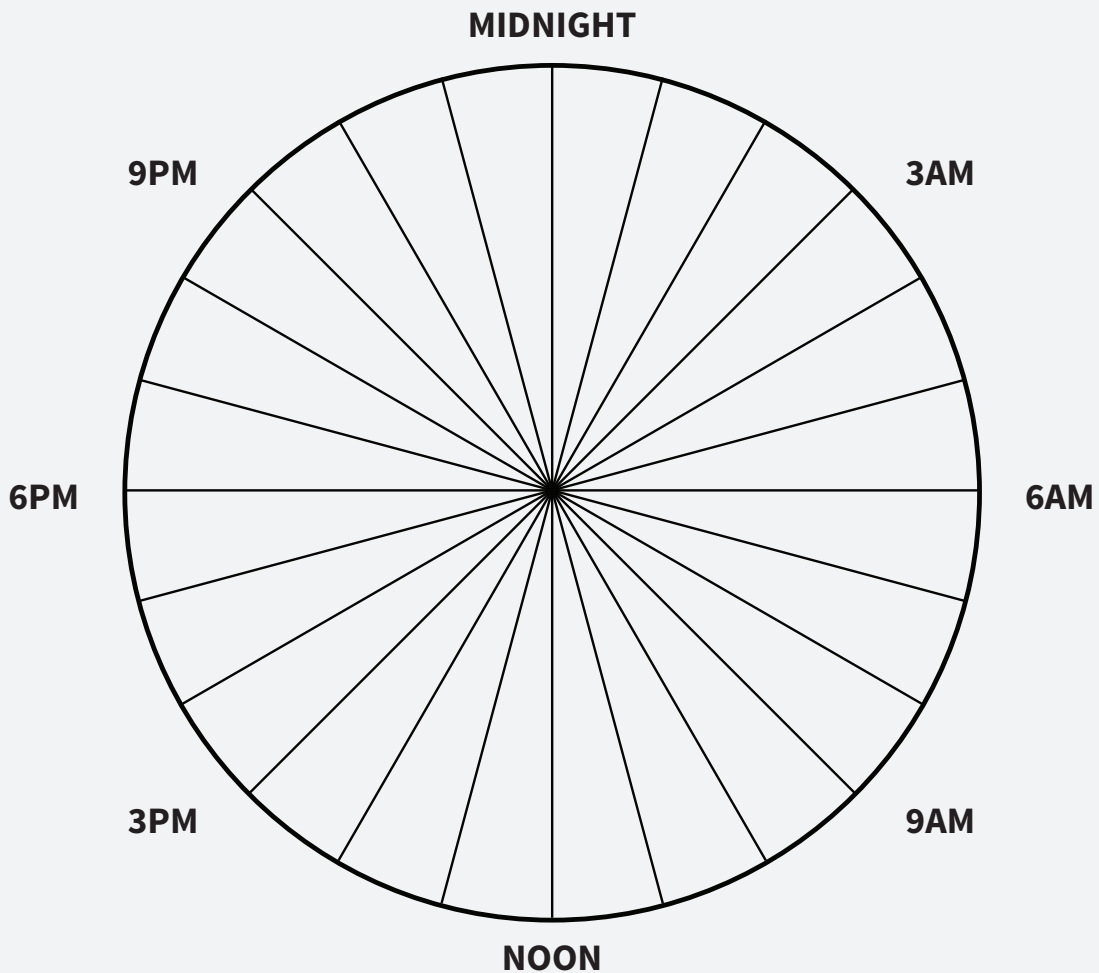
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