

Goal Setting

Y M O T I V A T E D F G M M M Q S
L H P X E L B A R U S A E M O U Q
E M J G D Z J J L N Q W R R C L O
M L Y U K X G W J Q O A O C H O S
I J B M T O Y T R O H S E F W N O
T L Z A T M F W B J Y S H J M G E
N A L P N U D B Z E S P T I T H A
J G H E T I N E L A O G D D N D C
J D J U B B A Q T X Q R T V A J C
A I R S H S R T H E A P F G V R O
P E L M K U P S T N R C E J E T M
H K M J V M N E G A S M T H L X P
U C S I F B E E C R R S I F E N L
S Y M I O R G A N I Z E D N R S I
F X A O Q V N S L Z F Q V W E F S
A U R P U A M B D S N I C K M D H
P T T J F N O I T C A E C B C D Y

Accomplish
Mid-range
Specific
Timely
Long

Attainable
Motivated
Success
Short
Plan

Determined
Organized
Action
SMART

Measurable
Relevant
Future
Goal