

## September New Year: On the Road to Success

### Goals

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

### I will feel great at year-end because:

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### Smart Goals Are:

Specific

Measurable

Attainable

Relevant

Time-Bound

Say your goals out loud. Have an accountability partner.

Celebrate each success.

