

Name: _____

Goal Setting

performance

achievable

motivation

measurable

shortterm

adherence

longterm

recorded

specific

smarter

timed



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