



# Balanced Goals Checklist

Is my goal...

- ☐ Specific?
- ☐ Measurable?
- ☐ Achievable?
- ☐ Realistic?
- ☐ Timely?
- ☐ Action-oriented?
- ☐ Flexible?
- ☐ Able to be re-evaluated regularly?
- ☐ Open to changes?
- ☐ Open to new possibilities?
- ☐ Open to learning new things?
- ☐ Open and willing to be adjusted?
- ☐ Short term (part of a larger goal)?
- ☐ Long term (split into smaller goals)?
- ☐ Something I really want (do I have a WHY)?
- ☐ Something I can commit to starting right now?
- ☐ Able to be held accountable for?

Now, commit & GO DO IT!