

# Achieve

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# Prepare to Achieve

*The only way to FINISH is to start*

The 6 areas of my life I set goals for:

- Personal - Spiritual - Professional
- Intellectual - Financial - Physical

Working backwards is the best way to achieve your goals. They should be clear, measurable, and be written down. Ex: If Smashley wants to lose 60 pounds by June that means she needs to lose 10 lbs per month, and 2.5 lbs per week.

Once you have your goals, make a game plan:

- Goal - Why - Step One
- Start Date - Timeline

# Game Plan

*Write it down & pin it up*

SMART Goal: Specific, Measurable, Achievable,  
Relevant, Time-bound

## **Personal:**

**Goal:**

**Why:**

**Step One:**

**Start Date:**

**Timeline:**

## **Spiritual:**

**Goal:**

**Why:**

**Step One:**

**Start Date:**

**Timeline:**

# Game Plan

*Write it down & pin it up*

SMART Goal: Specific, Measurable, Achievable,  
Relevant, Time-bound

## **Professional:**

**Goal:**

**Why:**

**Step One:**

**Start Date:**

**Timeline:**

## **Intellectual:**

**Goal:**

**Why:**

**Step One:**

**Start Date:**

**Timeline:**

# Game Plan

*Write it down & pin it up*

SMART Goal: Specific, Measurable, Achievable,  
Relevant, Time-bound

## **Financial:**

**Goal:**

**Why:**

**Step One:**

**Start Date:**

**Timeline:**

## **Physical:**

**Goal:**

**Why:**

**Step One:**

**Start Date:**

**Timeline:**