

MY

NAME: _____

DATE: _____

REMEMBER TO
START WITH BISMILLAH &
END WITH IN SHA'ALLAH

S

SPECIFIC GOAL



M

MEASURABLE: HOW CAN I CHECK IF I'M MAKING PROGRESS?



A

ACHIEVEABLE: IS THIS POSSIBLE? HOW WILL I DO THIS?



R

REALISTIC: IS THIS SOMETHING I CAN DO IN THE TIME I'VE SET



T

TIME BOUND: WHEN WILL I DO THIS BY?



GOAL

- GOAL ACHIEVED
- NOT THIS TIME