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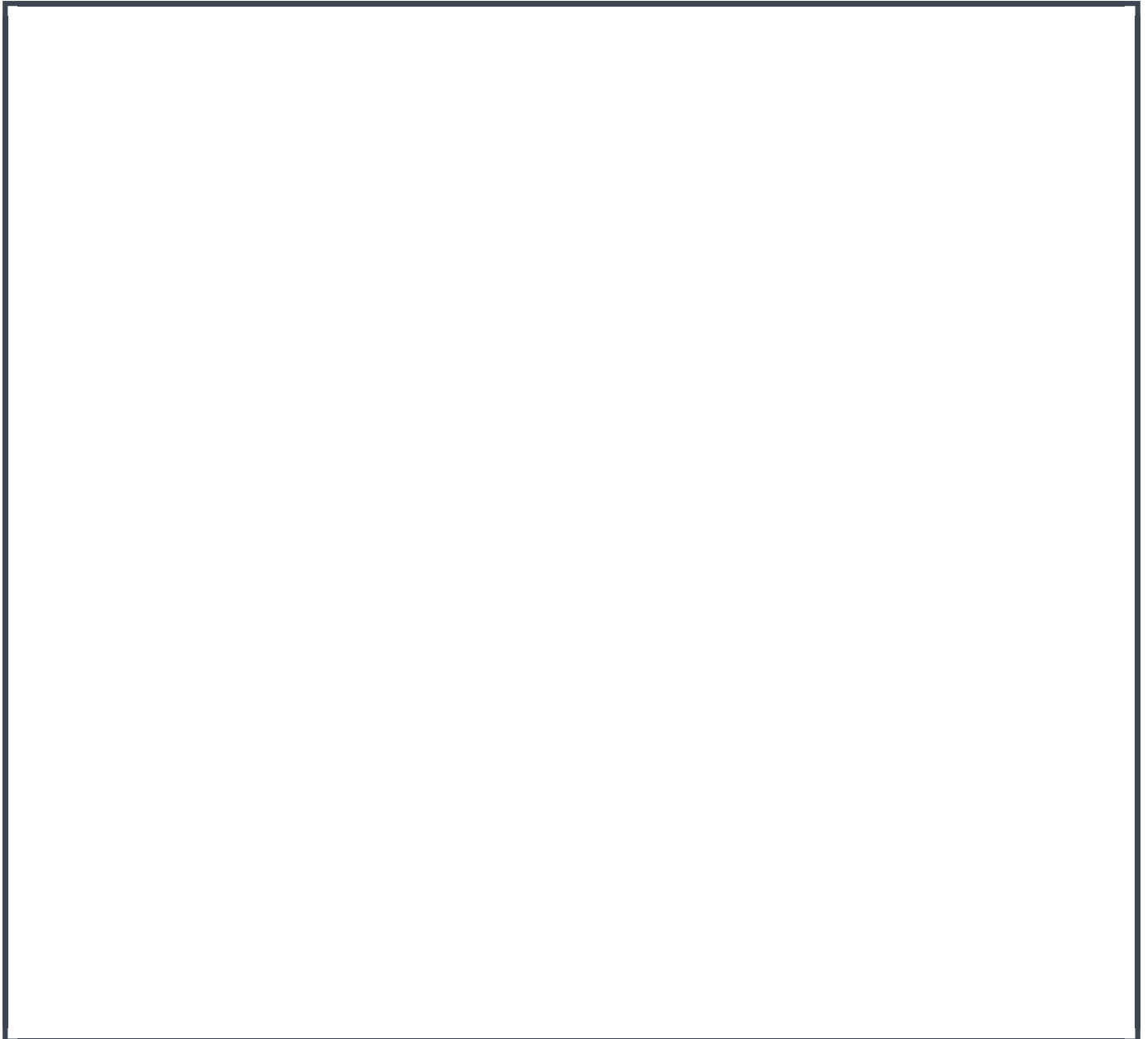
# goal setting the s.m.a.r.t way

a step-by-step guide to achieving  
your goals

THE CHANGE ROOM  
DIGITAL LIBRARY

# SET YOUR GOAL FOR THE 12 WEEK COURSE

What goal do you want to  
achieve and why is it  
important to you?

A large, empty rectangular box with a thin black border, intended for the user to write their goal and its importance.

# BREAK YOUR GOAL DOWN INTO 12 WEEKLY STEPS

There are 12 boxes over the following pages. Use them to break your goal down into "chunks" of what you need to do each week

Week #1

# BREAK YOUR GOAL DOWN INTO 12 WEEKLY STEPS

**Week #2**

**Week #3**

# BREAK YOUR GOAL DOWN INTO 12 WEEKLY STEPS

**Week #4**

**Week #5**

# BREAK YOUR GOAL DOWN INTO 12 WEEKLY STEPS

**Week #6**

**Week #7**

# BREAK YOUR GOAL DOWN INTO 12 WEEKLY STEPS

**Week #8**

**Week #9**

# BREAK YOUR GOAL DOWN INTO 12 WEEKLY STEPS

**Week #10**

**Week #11**

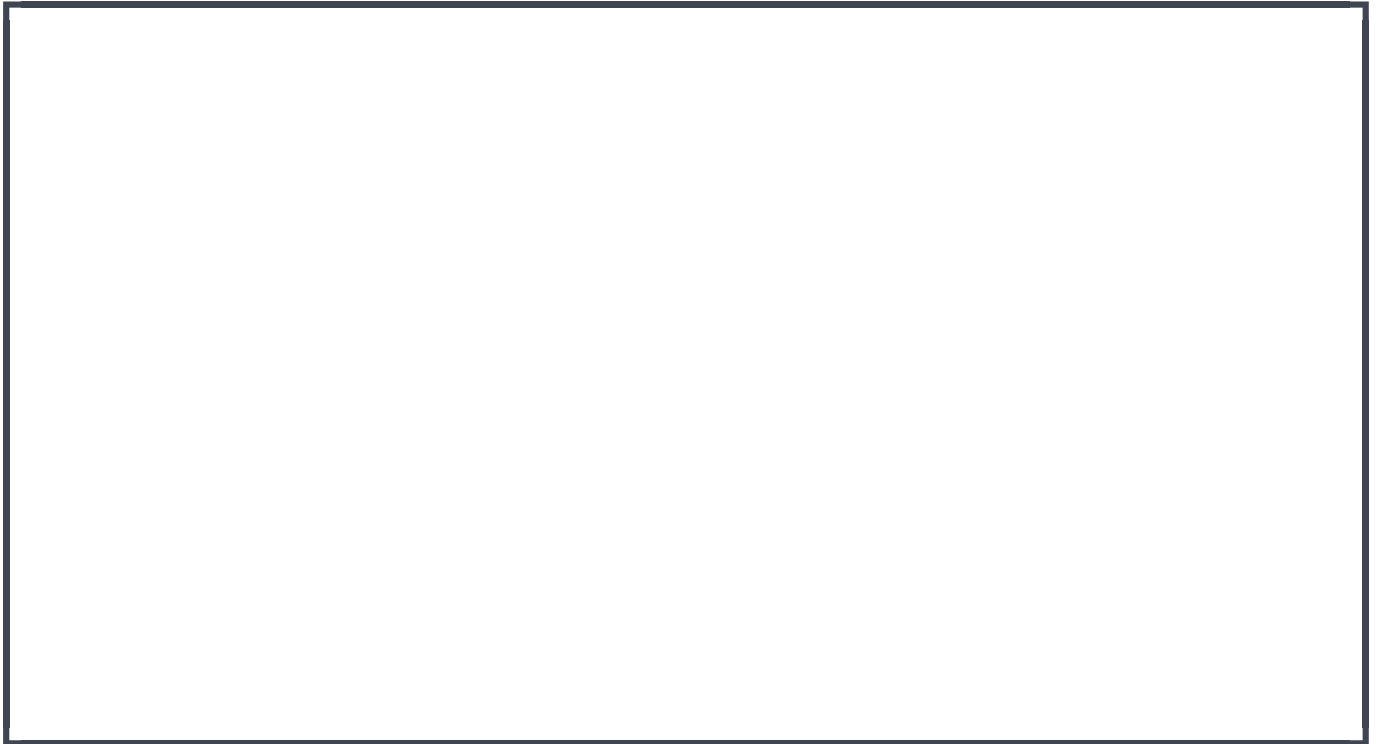


# BREAK YOUR GOAL DOWN INTO 12 WEEKLY STEPS

**Week #12**

**Hooray!!! Write down what you have  
achieved**

# BREAK YOUR GOAL DOWN INTO 12 WEEKLY STEPS



**Week #5**

**Week #4**

