

# My goal:

|   |   |
|---|---|
| S | <u>Specific:</u> What exactly do you want to achieve?           |
| M | <u>Measurable:</u> How will you know when you have achieved it? |
| A | <u>Achievable:</u> Is it something that you have control over?  |
| R | <u>Realistic:</u> How does this relate to your life?            |
| T | <u>Time:</u> When would you like to achieve this goal by?       |

## Expressing Mumma Award

"Believe you can and you're halfway there." - Theodore Roosevelt

\_\_\_\_\_ has been awarded this  
certificate for \_\_\_\_\_ of exclusive expressing!

Signature \_\_\_\_\_ Date \_\_\_\_\_

