



# GOALS TRACKING BOARD

Be **SMART** about setting your goals.

**S**pecific | **M**easurable | **A**ttainable | **R**elevant | **T**ime Based

GOAL #1	GOAL #2	GOAL #3

What steps are you going to take to achieve your goals?  
What intentions are you going to focus on?

BIG STEPS	LITTLE STEPS	INTENTIONS

What Professional DNA (PDNA) do you need to harness to push towards your goals?

PDNA

PDNA

PDNA

PDNA