

### Journal #3

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Write down your SMART goal for this month.

Discuss your plan for meeting your goal. What actions will you have to take to make it happen?

SMART Goal: \_\_\_\_\_

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.