

Strengths and Weaknesses: What are your strengths and what are some things you can improve on? Be as honest as possible.

STRENGTHS

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WEAKNESSES

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Section 3: Set some new and empowering habits

SMART Goals: What are some of the goals you would like to achieve in order to become stronger and closer to your ideal self?

WHAT'S MY GOAL?

SMART GOAL SETTING:
SPECIFIC: What exactly do you want to achieve?
MEASURABLE: How will you measure your progress?
ACHIEVABLE: Is the goal realistic and attainable?
RELEVANT: Does this goal align with your long-term objectives and values?
TIME-BOUND: By when do you aim to achieve this goal?

