



GOAL SHEET

Specific
Measurable
Achievable
Realistic
Timely

What is your goal from completing this *B Styled for Life* program? What is the bigger purpose for completing this program?

EXAMPLE:

*"**My goal** from completing this B Styled for Life Program by (insert date) **is to** know my style, colours and sort my wardrobe and life **so that** I can feel confident and ready to go for that job that I have always wanted **so that** I can have the finances to take the family on that trip to Italy, and buy an investment property.*

I will know I have achieved this goal when (1) I have finished the last action in this program. Then (2) I am dressed and ready for the interview, and my wardrobe looks great with clothes suitable for the job, and (3) I have purchased tickets for our trip."

I will complete this program by the following date_____

My goal is to...

I know I will have achieved this goal when...
