

**NINE OBJECTIVES**

Write down three SMART objectives (Simple, Measurable, Attractive, Realistic and Timed) for **each** piece of advice

Use the first person and an active verb.

**piece of advice 1**

smart objective 1 \_\_\_\_\_  
\_\_\_\_\_

smart objective 2 \_\_\_\_\_  
\_\_\_\_\_

smart objective 3 \_\_\_\_\_  
\_\_\_\_\_

**piece of advice 2**

smart objective 1 \_\_\_\_\_  
\_\_\_\_\_

smart objective 2 \_\_\_\_\_  
\_\_\_\_\_

smart objective 3 \_\_\_\_\_  
\_\_\_\_\_

**piece of advice 3**

smart objective 1 \_\_\_\_\_  
\_\_\_\_\_

smart objective 2 \_\_\_\_\_  
\_\_\_\_\_

smart objective 3 \_\_\_\_\_  
\_\_\_\_\_