

# 2019 is Your Year!



## What are your Goals for 2019?

### SET SMART GOALS

Make sure your goals are Specific, Measurable, Attainable, Relevant and Timely.

1

### WHY?

Why is reaching your goal important to you?  
Let your why be meaningful and heartfelt.

2

### BENEFITS

Who benefits from your goal being attained?  
Consider others as well as yourself on this one!

3

Use the 3 steps above to complete your goals worksheet below!  
Any questions or need support in making your goals SMART? [Click here!](#)

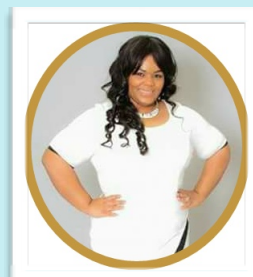
Smart Goals	Why?	Benefits

### WHATS NEXT?

Whew! I hope that after writing down your goals, you see that you have some major focusing and planning to do! So here's what I would like to do with you!

Book a 1 on 1 session with me so I can help you transform your goals into a workable Action Plan filled with tools and resources to help you turn your goals into a successful reality!

[Click HERE](#) and lets begin working together!



**Contesa Tate**