

# ***Adulthood Like a Boss***

## ***2019 Goals Worksheet***

*Remember, make sure your goals are **SMART** goals.*  
Specific, **M**asurable, **A**chievable, **R**elevant and **T**ime-bound.

<b>Educational/Intellectual</b>  1. _____  2. _____  3. _____	<b>Family/Relationships/Social</b>  1. _____  2. _____  3. _____
<b>Financial</b>  1. _____  2. _____  3. _____	<b>Health/Physical</b>  1. _____  2. _____  3. _____
<b>Humanitarian/Volunteering/Giving</b>  1. _____  2. _____  3. _____	<b>Spiritual</b>  1. _____  2. _____  3. _____
<b>Vocational</b>  1. _____  2. _____  3. _____	<b>Other</b>  1. _____  2. _____  3. _____

For the article explaining how to complete this form, go to:  
<http://www.adulthoodlikeaboss.net/2018/12/29/new-years-resolutions>