**Setting REAListic Goals**

**R.E.A.L.** goal must meet the following criteria:

**Realistic.**

Is this goal specific and realistic enough for you to actually attain it?

**Easy to Measure.**

Can you actually measure your goal to see if you attained it?

**Achievable.**

Is your goal personal and something you can reach?

**Logical.**

Does the goal make sense to you and your life?

*Each time you set a goal, see if it is REAL—*

**Realistic, Easy to Measure, Achievable, and Logical**

**Putting it into Practice**

List your goals:

______________________________________________________________________________
______________________________________________________________________________
________________________________________________________

Ask Yourself… | Circle One…
---|---
Is it Realistic? | Yes | Somewhat | No
Is it Easy to measure? | Yes | Somewhat | No
Is it achievable? | Yes | Somewhat | No
Is it logical? | Yes | Somewhat | No

Re-write your goals considering the assessment you made above:

______________________________________________________________________________
______________________________________________________________________________
________________________________________________________