

New Year SMART Goal Template

	S (Specific)	M (Measurable)	A (Attainable)	R (Relevant)	T (Time-bound)
Personal Growth (Emotional growth, weight loss/gain...)					
Health (Exercise goals...)					
Business Life (Promotion at work, new job, freelance career...)					
Family and Friends (Expand family, Meet new people, Spend more quality time with friends and family...)					
Travels (Travel to South Africa, spend two weeks in Thailand...)					

Track the time you spend working on your SMART goals with [Clockify.me](https://clockify.me)

Hobbies (Learn to play the piano, enroll in a cooking class, enroll in a painting class...)					
New purchases (Buy a new apartment, buy a new car, buy a new winter wardrobe...)					