

# SUCCESS MAP



## TOP 2 VALUES

1 \_\_\_\_\_ 2 \_\_\_\_\_

## TARGET BEHAVIORS



Write down 3 target behaviors that will help you accomplish each of your 2 SMART goals.

## THIS TERM'S SMART GOALS

1 \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

2 \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## SMART GOAL 1

1 \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

2 \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

3 \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## TARGET BEHAVIORS

## SMART GOAL 2

1 \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

2 \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

3 \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## TARGET BEHAVIORS

## SUCCESS TRACKER

Write a check mark in the box each day you complete your target behaviors

WEEKS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1							
2							
3							
4							
5							
6							
7							
8							
9							
10							

## 1A Values & Goals

What does SMART stand for?

In the spaces provided, identify the components of an effective SMART goal.

Use the letters of the SMART acronym to help you remember.

### SMART GOAL

S \_\_\_\_\_  
M \_\_\_\_\_  
A \_\_\_\_\_  
R \_\_\_\_\_  
T \_\_\_\_\_

### MINDFULNESS IS:

## Mindfulness Moment 1B

From today's lesson, fill in the words that complete the phrases below:

Mindfulness is not

\_\_\_\_\_

Mindfulness is literally a workout for the \_\_\_\_\_

We can become more aware of our

\_\_\_\_\_ and \_\_\_\_\_

over time.

*perfectly*

*experiences*

*brain*

*inner*

*paying*

*outer*

*attention*