

## SAF(PH)AR-E Goal Sheet

	How do I need to grow in this area?	What will happen if I do nothing?	My S.M.A.R.T. Goal:	What can I do today to work toward my goal?
<b>Spiritual</b>				
<b>Attitude</b>				
<b>Financial</b>				
<b>Physical</b>				
<b>Academic</b>				
<b>Relational</b>				
<b>Everyday Skills</b>				

S.M.A.R.T. = Specific - Measurable - Attainable - Relevant - Timely