

Renewal Grid

Instructions: In each of the four quadrants of renewal, fill in at least one (1), (not more than 3!) achievable goals you would like to accomplish in the next 30 days. Using today's date as a start point, put the projected due date you will have completed the goal.

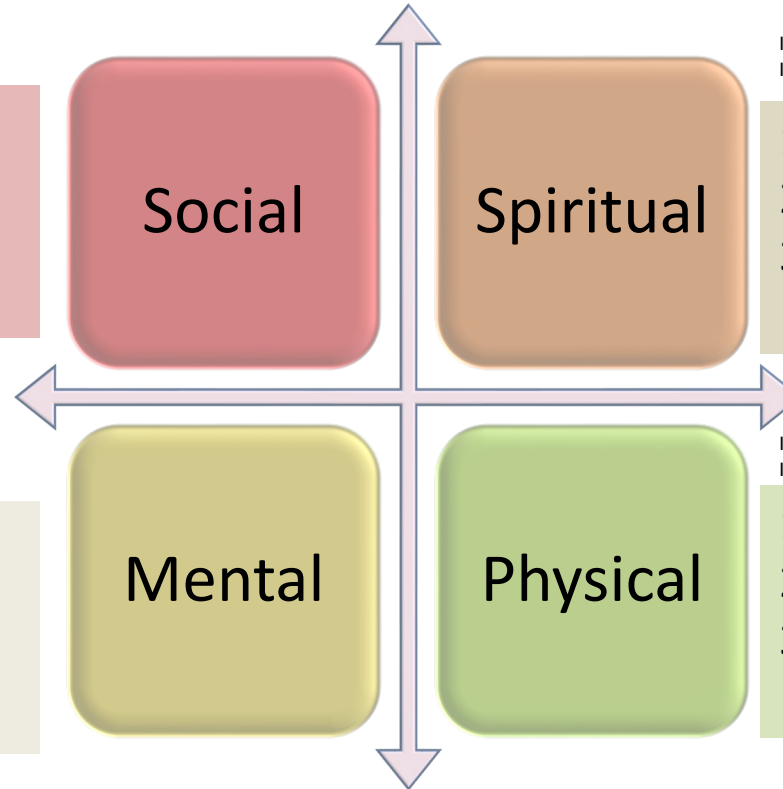
Remember, set **SMART** goals..... **S**pecific, **M**easurable, **A**ttainable, **R**ealistic and **T**imely

In the next 30 days (Due date: _____)
I will improve myself in the following area by.....

1. _____
2. _____
3. _____

In the next 30 days (Due date: _____)
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1. _____
2. _____
3. _____



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1. _____
2. _____
3. _____

Don't be a seagull sitting on the dock!

