

# New Year SMART Goal Template

	<b>S</b> (Specific)	<b>M</b> (Measurable)	<b>A</b> (Attainable)	<b>R</b> (Relevant)	<b>T</b> (Time-bound)
<b>Personal growth</b> (Emotional growth, weight loss/gain...)					
<b>Health</b> (Exercise goals...)					
<b>Business life</b> (Promotion at work, new job, freelance career...)					
<b>Family and friends</b> (Expand family, meet new people, spend more quality time with loved ones...)					
<b>Travels</b> (Travel to South Africa, spend 2 weeks in Thailand...)					
<b>Hobbies</b> (Learn to play the piano, enroll in a cooking class, join a painting class...)					

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

## New purchases

(Buy an apartment,  
purchase a new car, buy new  
winter clothes...)