



Challenges and Solutions to Using Time Effectively

Challenge #1

What blocks me from using my time effectively? _____

What could I do to use my time more effectively? _____

Challenge #2

What blocks me from using my time effectively? _____

What could I do to use my time more effectively? _____

S.M.A.R.T. Goals

#1 S _____

M _____

A _____

R _____

T _____

#2 S _____

M _____

A _____

R _____

T _____