

MIA & THE **GOLDEN FLOWER**

Let's set a goal, just like Mia did! Write or draw in the spaces below to plan your golden garden of success.

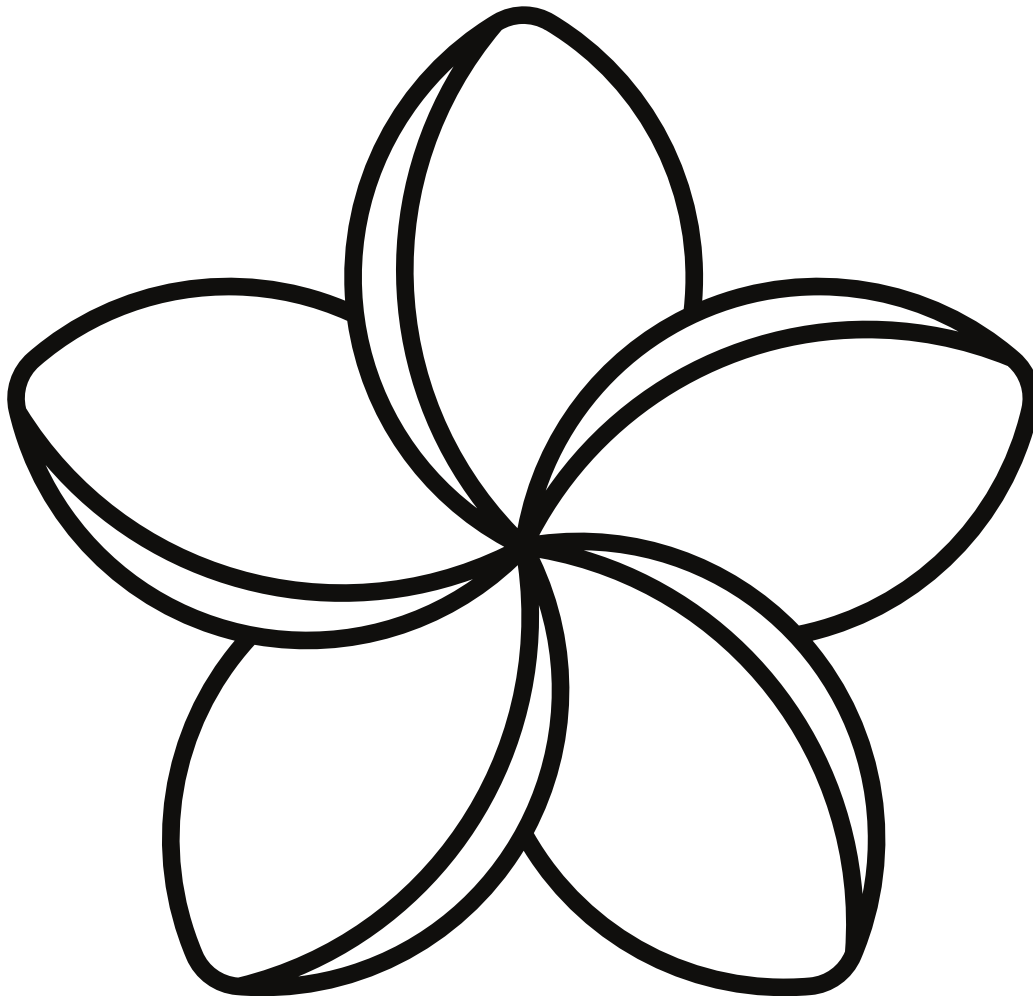
SMART GOALS

- S: Specific - What do you want to achieve?
- M: Measurable: How will you know when you've done it?
- A: Achievable: What do you need to make this happen?
- R: Relevant: Why is this important to you?
- T: Time Bound: When will you finish?

S SPECIFIC

T
TIME BOUND

M
MEASURABLE



R
REALISTIC

A
ACHIEVABLE

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Encouragement Section: Keep track of your progress each day by colouring each flower when you have completed a step towards your goal. Eventually like Mia you will reach your “golden flower”.

