**GOALS (Specific, Measurable, Attainable, Relevant, Time-Based)**

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| ***Goal 1*: SMART Goals**  **S: Specific**  **M: Measurable**  **A: Achievable**  **R: Realistic**  **T: Timed** | | | |
|  | Quarterly | Monthly | Daily |
| **Outcome Goals** | * These goals are targets that can be influenced by factors outside of your control |  |  |
| **Performance Goals** | * These goals are used to help you improve your own performance in specific areas |  |  |
| **Process Goals** | * These goals focus on strategy, emotional regulation, daily habits and any other processes you must go through to trade successfully or to meet your performance and outcome goals. |  |  |