BEST
MANAGEMENT BY SAFETY TRAINING & CONSULTING LTD.

BEST Safety Training & Consulting

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SMART Goals are:
- ✓ Specific
- ✓ Measurable
- ✓ Achievable
- ✓ Relevant
- ✓ Timely or time-bound

Safety Goal Reflection
Ask: What safety goals do I want to achieve this year?
Now Ask: What do I need to do to achieve my safety goals?

December 2022

Need Help?
Contact us today.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Spend today reflecting on the past year. Reflect ☐	2 Go over training records. What's overdue? Done ☐	3
4	5 Write your vision. Share it with the team & JHSC. Done ☐	6 Bring your key players and JHSC together to plan. Done ☐	7 What are your 2023 safety goals? Done ☐	8 Consider how to make your goals **S**pecific. Done ☐	9 Need help? Contact BEST Safety Training. Contact us! ☐	10
11	12 Fill in the details. How will you get to your goal? Done ☐	13 Review safety walk tools ensure STF hazards listed. Done ☐	14 Are all of the goals **A**chievable? Done ☐	15 Ask yourself why you're setting the goal. Reflect ☐	16 Are all of the goals **R**elevant? Done ☐	17
18	19 What deadlines will you set for your goals? Set them ☐	20 Are your goals **T**ime-bound? Done ☐	21 Do you have enough time to reach your goals? Done ☐	22 Is there enough time to revise and set new goals? Done ☐	23 Call BEST Safety Training. We're on your team! Done ☐	24
25 **Merry Christmas**	26 **Boxing Day**	27 Book training early to avoid disappointment. Done ☐	28 Reflect on the goals you set. Are they **SMART?** Reflect ☐	29 Share and celebrate the 2023 safety goals. Done ☐	30 Get Monthly tips: Sign up for our Newsletter. Done ☐	31 **Happy New Year!**

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