

# SMART GOALS

Name: \_\_\_\_\_

Date: \_\_\_\_\_

<b>S</b> pecific	Your goal must be <b>specific</b> . What exactly are you going to achieve?	My goal is
<b>M</b> easurable	Your goal must be <b>measurable</b> . How will you measure your progress?	I will track the progress I make towards my goal by
<b>A</b> ttainable	Your goal must be <b>attainable</b> . Do you have the skills and abilities necessary to achieve your goal?	My goal is attainable because I can
<b>R</b> elevant	Your goal must be <b>relevant</b> . Why is achieving your goal important to you? How is it meaningful?	Achieving this goal is important and meaningful to me because
<b>T</b> imely	Your goal must be <b>timely</b> . How much time do you have to achieve your goal?	My goal will be achieved by

STEPS  
TO  
REACH  
MY  
GOAL: →

1

2

3

4