

SMART Goals Template

GOAL:

S	Specific	What do I want to accomplish? What are the measurable objectives? What are the conditions?	
M	Measurable	How do I know I'm on track? How do I know when I'm done?	
A	Attainable	How do I know it's realistic? How do I know it's achievable?	
R	Relevant	Why is this important? How does this align with my values? How does this align with my mission? How does this align with my vision?	
T	Time Bound	When do I want to accomplish this goal? What are the milestones? What are the deadlines?	

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