

Name \_\_\_\_\_ Date \_\_\_\_\_

## TRACKING MY GOALS

Create a SMART goal you would like to accomplish this year. Then, check in with you progress, keeping in mind the "Measureable" aspect of your goal.

**S**

Specific: Define your goal in as much detail as possible. Think about who, what, where, and when.

**M**

Measurable: track the outcome and your progress

**A**

Action: What will you do to achieve your goal?

**R**

Realistic: Is your goal achievable

**T**

Time-Oriented: How long will it take to complete?