

SMART Goals Template

GOAL:

S	Specific	What do I want to accomplish? Why is it important? What are the results I expect?	
M	Measurable	How do I know I am on track to reach the goal?	
A	Attainable	How do I know it is realistic? How do I know I can reach it?	
R	Relevant	How does this goal relate to my overall purpose? How does it relate to my other goals? How do I know it is the right goal?	
T	Time Bound	When do I want to reach this goal? How do I know when I have reached the goal? How do I know when I have not reached the goal?	

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