

# SMART GOALS

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

**S**

SPECIFIC

Describe your goal

**M**

MEASURABLE

How can you track your progress?

**A**

ATTAINABLE

Who is going to help you with your goals?

Which will be your accountability partner?

When will they check in with you?

**R**

RELEVANT

List the skills and resources you need in order to meet your goals

**T**

TIME BOUND

Goal for check in date 1

Goal for check in date 2

Goal for check in date 3

When?

When?

When?