

SMART GOAL

Name: _____

Date: _____

S

My SPECIFIC goal:

M

How will I MEASURE my progress?

A

This is an ACHIEVEABLE goal
YES because these are the things I can do to achieve
it

No, I do not think so because

R

This is a REALISTIC goal because

T

I will achieve this goal in a TIMELY manner!

I will achieve my goal by

_____ (measure of time)