

Name: _____

Date: _____

SMART Goal Planner

S

Specific

What EXACT goal to you wish to accomplish

M

Measurable

How will you measure progress or know you reached your goal?

A

Attainable

What skills or outside help will you need to reach your goal?

R

Relevant

Is the goal worthwhile? Is it the right time to accomplish it?

T

Timely

When will you complete the goal? When will you work on it?

S.M.A.R.T Goal:
