

# SETTING SMART GOALS

Use this table to develop your SMART Goal!

My SMART Goal

What is SMART?		Explain in Detail
<b>SPECIFIC</b>	Is the goal linked to one activity or one thought?	
<b>MEASURABLE</b>	Can I see how much I have improved from the previous day or week?	
<b>ACTIONABLE</b>	What task or action will I be doing? Can I draw a picture of someone doing that action?	
<b>REALISTIC</b>	Are there examples of people who have achieved this level of success in this amount of time? What are some obstacles I might face along the way ? Would any of those obstacles stop me in my tracks?	
<b>TIMELY</b>	Did I include a set time period in which I want to achieve my goal? Days? Weeks? Months?	