

SMART Goal for _____ Today's Date: _____

S - My SPECIFIC goal _____

M - How will I MEASURE my progress? _____

A - This is an ACHIEVABLE 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).