

SMART Goals Template

GOAL:

S	Specific	What do I want to accomplish? Why is it important? What are the results I expect?	
M	Measurable	How do I know I am on track to reach the goal?	
A	Attainable	How do I know it is realistic? What are the obstacles? How will I overcome them?	
R	Relevant	How does this goal align with my overall mission, vision, and values? How will it help me achieve my long-term goals?	
T	Time Bound	When do I want to complete this goal? How often will I check my progress? How will I know when I have reached the goal?	

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