

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).