Name:		Date:		
SPECIFIC	 Who is involved? What do I want to achieve? When do I need to achieve this? Why is the goal important?			
MEASURABLE	How will I measure my progress? How will I know if my goal is achieved?			
ATTAINABLE	 Will it be clear when the goal is complete? Is it reasonable to complete the goal in the time allotted? 			
RELEVANT	• Is this goal related to my overall success (or the success of my business/organization)			
T	 How long should it take to accomplish this goal? When will I check in on whether or not the goal has been completed? 			

TIME_BOUND

 Am I ready to start work on the goal?