

Name:

Date:

# SMART GOAL SETTING

*What is the goal? Why is it important to me?*

*What resources do I have?*

*What challenges may I face?*

**S**

*SPECIFIC. What do you want to achieve?*

**M**

*MEASURABLE. What data will you use to measure the goal?*

**A**

*ACHIEVABLE. Is this achievable with the resources and the scheduled time?*

**R**

*RELEVANT. Why do you want to achieve this goal?*

**T**

*TIME BASED. What is the time-frame for you to achieve this goal?*