

Name:

Date:

S.M.A.R.T. GOAL SETTING

Create a SMART goal that you want to accomplish using the following questions as a guide:

S

SPECIFIC

What do you want to accomplish?

M

MEASURABLE

How will you keep track of your progress?

A

ATTAINABLE

What do you need to do in order to reach the goal?

R

RELEVANT

Why is this goal important? How will it help you?

T

TIME-BOUND

When will you accomplish this goal? Start and end date?

Write down your SMART goal.