

Name: _____

Date: _____



SMART GOALS



GOALS:



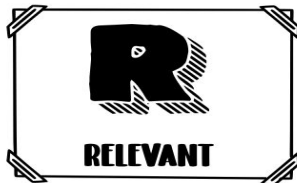
What specifically am I trying to achieve?



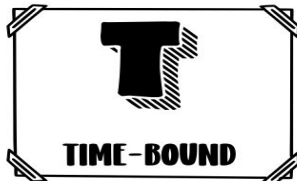
How will I measure success?



What steps do I need to take to attain the goal?



Is this relevant for my long-term objectives? Is this the right time?



What is the time frame for the goal?