

Name: _____

Date: _____

SMART GOALS

When you set a goal use the SMART structure.
This will help you when you are ready to brainstorm and action plan.

S

SPECIFIC | What do you want to accomplish? Be as specific as possible.

M

MEASURABLE | How will you know whether or not your goal has been reached?

A

ATTAINABLE | Is achieving this goal realistic? Do you have, or can you get, resources?

R

RELEVANT | Why is this goal significant to your life? Is this goal meaningful to you?

T

TIME-BOUND | What is the deadline for achieving your goal?