

Name: \_\_\_\_\_

Date: \_\_\_\_\_

# SMART Goals

**S**

## **Specific**

What am I going to do? Why is this important to me?

**M**

## **Measurable**

How will I measure my success? How will I know when I have achieved my goal?

**A**

## **Attainable**

What will I do to achieve this goal? How will I accomplish this goal?

**R**

## **Relevant**

Is this goal worthwhile? How will achieving it help me? Does this goal fit my values?

**T**

## **Time-Bound**

When will I accomplish my goal? How long will I give myself?