

S.M.A.R.T. Goal for _____ Today's Date: _____



S - My SPECIFIC goal: _____

M - How will I MEASURE my progress? _____

A - This is an ACHIEVEABLE goal.

YES because these are the things I can do to achieve it:

NO, I do not think so because

R - This is a REALISTIC goal because _____

T - I will achieve this goal in a TIMELY manner!

I will achieve my goal by _____ (measure of time).

