

SMART Goal Setting

S

Make it
Specific

What is your goal? Give details.

M

Make it
Measurable

How will you keep track of the progress?

A

Make it
Attainable

What do you need to achieve your goal?

R

Make it
Relevant

How will this goal help you?

T

Make it
Timely

When will you achieve this goal?

SMART Goal Setting

Action Plan: What steps do you need to take?

Date:

Potential Obstacles:

Potential Solutions: