

SMART GOALS

When setting goals, make sure it follows the SMART structure.
Use the questions below to create your goals.

S	Specific What do I want to accomplish?	
M	Measurable How will I know when it is accomplished?	
A	Achievable How can the goal be accomplished?	
R	Relevant Does this seem worthwhile?	
T	Time bound When can I accomplish this goal?	

SMART GOALS

Goal 1:

Specific:

Measurable:

Achievable:

Relevant:

Timebound:

Goal 2:

Specific:

Measurable:

Achievable:

Relevant:

Timebound:

Goal 3:

Specific:

Measurable:

Achievable:

Relevant:

Timebound:

Goal 4:

Specific:

Measurable:

Achievable:

Relevant:

Timebound: