

SMART GOALS SHEET



NAME : _____

DATE: _____

Identify a goal that is specific, measurable, achievable, relevant, and time-bound (SMART). Break it into actionable steps, each with its own deadline.



Specific

What exactly do you want to achieve?



Measurable

How will you track your advancement?



Attainable

Is this goal realistic and achievable? How so you plan to achieve it?



Relevant

How relevant is this goal to you?



Time-bound

How long it will take to achieve?