



SMART goals

When setting a goal, make sure it is SMART. You can use this worksheet to establish your smart goals.

SPECIFIC

What is the goal? What do I want to accomplish?

MEASURABLE

How will I know that I've accomplished the goal?

ACHIEVABLE

Is this goal achievable? What will I need to do to achieve it?

RELEVANT

How is this goal relevant to my life?

TIME-BOUND

What is my deadline to accomplish the goal?