

NAME : _____

DATE: _____

SMART GOALS PLANNER

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

S



Specific

What exactly do you want to achieve?

M



Measurable

How will you track your advancement?

A



Attainable

Evaluate the feasibility of your goal.

R



Relevant

How does it fit into your broader objectives?

T



Time-bound

What is the deadline?