

S.M.A.R.T. GOALS

Specific / Measurable / Achievable / Realistic / Timely

GOAL COMPLETION DATE:

What is the specific goal?

How will I know I have reached the goal?

What resources will I use to achieve this goal?

What steps will I take to achieve this goal?

How will I gauge my progress?

Is my goal realistic and attainable?

Is my goal reachable in the given time-frame?

Do I feel confident this is a goal I am capable of completing?

Will I commit myself to achieving this goal?