

# 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? .....

.....