



NAME:

MONTH:

YEAR:

S—SPECIFIC

What exactly do you wish to accomplish?

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M—MEASURABLE

How will you measure your progress?

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A—ATTAINABLE

What skills or outside help will you need to reach your goal?

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R—RELEVANT

Is the goal worthwhile or doable?

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T—TIMELY

When will you complete the goal?

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S.M.A.R.T GOAL:
