

## **SMART GOAL**

Specific	What <b>exactly</b> will you do?			
easurable	How will you know if you <b>meet</b> your goal?			
chievable	What <b>steps</b> are you going to take to reach your goal?			
Relevant	What about your goal makes it important to you?			
imely	<b>When</b> do you want to complete your goal?			

## **MY SMART GOAL IS:**