

Today My
S.M.A.R.T. Goals



I will achieve my short and long term S.M.A.R.T. Goals

Tell the truth my primary goal today is to:

Specific: _____

Today what can I do to accomplish all or part of today's goal:

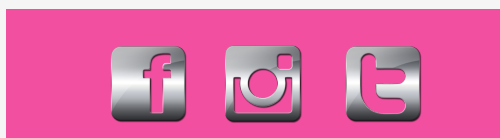
Measurable: _____

Be realistic what skills, tools and time do I have to achieve today's goal:

Achievable: _____

Relegate time and complete the goal today. Change my schedule, say no to the unnecessary. If a task today does not contribute to my goal for today delete the task from my head and list”

Time-Bound: _____



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