

NAME:

DATE:

# SETTING SMART GOALS

## S.M.A.R.T GOALS

1. Specific
2. Measurable
3. Attainable
4. Relevant
5. Time-based

MY SPECIFIC  
GOAL IS:

I WILL HAVE  
REACHED MY GOAL  
BECAUSE OF  
THESE MEASURES:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

I WILL ATTAIN  
MY GOAL BY:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

THIS GOAL IS  
RELEVANT  
BECAUSE:

TIMELY STEPS  
FOR ACHIEVING  
THIS GOAL:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_