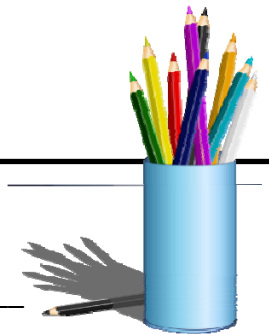


Name \_\_\_\_\_ SMART Goals



# Setting SMART Goals

My goal is to: \_\_\_\_\_  
\_\_\_\_\_

**S.M.A.R.T. stands for:**

**Are your goals S.M.A.R.T.? Answer these questions to find out!**

**Specific**

Have you clearly and specifically stated what you want to accomplish? If you have a particularly big goal, or if it is too vague, try breaking it down into smaller, more specific SMART goals.

**Measurable**

How will you measure the progress that you are making in achieving your goal? Can your goal be measured with numbers? Or are there specific, smaller steps that you can check off as you complete them?

**Attainable**

Is it within your power to achieve your goal? Are there any factors that might prevent you from achieving your goal?

**Relevant**

Why is achieving this goal important to you? How will achieving this goal fit in with who you believe that you are, and how you see your life?

**Time-bound**

Set a date for when your goal will be achieved. If it is a large goal, set incremental deadlines for the steps you have identified.