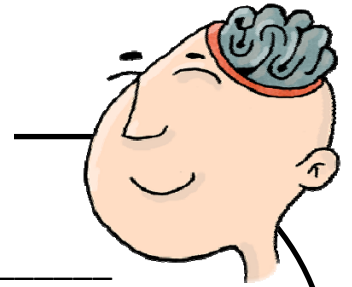


Name _____ SMART Goals



S.M.A.R.T. Worksheet

MY GOAL: _____

SPECIFIC ACTIONS I WILL NEED TO TAKE TO ACCOMPLISH MY GOAL



HOW I WILL MEASURE MY PROGRESS IN COMPLETING MY GOAL



FACTORS THAT MIGHT PREVENT ME FROM ACHIEVING MY GOAL



HOW THIS GOAL FACTORS INTO OTHER ASPECTS OF MY LIFE



SET A TIME FOR WHEN MY GOAL WILL BE ACHIEVED.

