

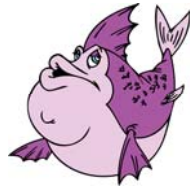
Name _____ **SMART Goals**

Is Your Goal S.M.A.R.T. or Fishy?

Think of something that you really want to do. Describe it as briefly as possible. Then, thinking about that goal, fill in the diagram.

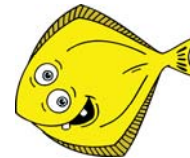
What I want to do: _____

How is your goal
SPECIFIC?



How is your goal
MEASURABLE?

is your goal
ACHIEVABLE?



How is your goal
REALISTIC?

Can you assign a
TIMEFRAME to your
goal?

