

Name _____ **SMART Goals**

Reach for the Stars: The S.M.A.R.T. Way!

1. In as few words as possible, describe your goal: _____

2. Be SPECIFIC: with Whom/with What/Where/When/Why/How will you accomplish this goal? What action steps will you take?

A. _____

B. _____

C. _____

3. How will you MEASURE your progress?

A. I will measure _____

B. I will have reached my goal when: _____

4. Is your goal ATTAINABLE? What resources do you need for success?

A. Things I need: _____

B. Where I will find the time: _____

C. What I need to learn: _____

D. Where will I find support: _____

5. Is your goal RELEVANT? WHY do you want to achieve this goal? _____

6. Set a TIME frame. What are your benchmarks?

A. By ___/___/___ I will : _____

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