

Name: \_\_\_\_\_ Date: \_\_\_\_\_

# S.M.A.R.T. Goals

**S**  
Specific

What exactly do you want to accomplish?

**M**  
Measurable

How will you know you met your goal?

**A**  
Attainable

Is this goal something you can do?

**R**  
Relevant

Why is your goal important to you?

**T**  
Timely

What is the timeline for your goal?