

# SMART GOALS

Instructions: For each goal, fill in the details according to the SMART criteria. This will help ensure that your goals are clear, focused, and actionable.

S	SPECIFIC	<ul style="list-style-type: none"> <li>• What exactly do you want to achieve?</li> <li>• Why is this goal important?</li> <li>• Choose 1 thing to focus on at a time.</li> </ul>
M	MEASURABLE	<ul style="list-style-type: none"> <li>• How will you track progress?</li> <li>• Can you include a number of times per week/day/month?</li> <li>• How will you know when the goal is accomplished?</li> </ul>
A	ATTAINABLE	<ul style="list-style-type: none"> <li>• Is the goal realistic given your current journey?</li> <li>• What steps or actions will you take to reach the goal?</li> <li>• Do you have the necessary resources/support?</li> </ul>
R	RELATIVE	<ul style="list-style-type: none"> <li>• Will it contribute to your long-term success and growth?</li> <li>• Is now the right time to pursue this goal?</li> </ul>
T	TIMELY	<ul style="list-style-type: none"> <li>• When will you start working on the goal?</li> <li>• What date would you like to check-in on your goal progress?</li> <li>• Are there any milestones or checkpoints along the way?</li> </ul>

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GOAL:

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