

SMART GOALS

Specific
What exactly do you want to happen?

Specific
What exactly do you want to happen?

Measurable
How will you know you have reached your goal?

Measurable
How will you know you have reached your goal?

Action
What steps will you take to reach your goal?

- 1.
- 2.
- 3.
- 4.

Action
What steps will you take to reach your goal?

- 1.
- 2.
- 3.
- 4.

Realistic
Can you achieve this goal?

Realistic
Can you achieve this goal?

Timely
What is your target date to reach your goal?

Timely
What is your target date to reach your goal?

