

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?

