

Name _____ **Goal Setting**



SMART Goal Setting

In as few words as possible, write down your goal.

My goal is to: _____

Make your goal specific. What actions will you take to achieve this goal?

1. _____

2. _____

3. _____

Make your goal measurable. How will you track your progress? How will you know you have reached your goal?

I will use the following numbers or methods to measure my progress: _____

I will know I have reached my goal when: _____

Make your goal attainable. I need the following things to achieve my goal:

How I will find the time to work on my goal: _____

I need to educate myself about: _____

I will get support from: _____

Make your goal relevant. Why is it important for you to achieve this goal?

Make your date time bound.

I will reach my goal by: _____ I will get halfway to my goal by: _____

Additional milestones: _____