

## SETTING SMART GOALS

Use this table to develop your SMART Goal.

<b>My SMART Goal:</b>		<b>Name:</b>	
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SMART?		EXPLAIN in detail:
<b>SPECIFIC</b>	Is the goal linked to one activity or one thought?	
<b>MEASURABLE</b>	Can I say how much I've improved from the previous day or week?	
<b>ACTIONABLE</b>	What task or action will I be doing? Can I draw a picture of someone doing that action?	
<b>REALISTIC</b>	Are there examples of people who have achieved this level of success in this amount of time? What are some obstacles I might face along the way? Would any of those obstacles stop me in my tracks?	
<b>TIMELY</b>	Did I include a set time period in which I want to achieve my goal? Days? Weeks? Months?	