

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: \_\_\_\_\_