



## Setting SMART Goals

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Name: \_\_\_\_\_

Date: \_\_\_\_\_

When writing down your goal, be sure that it is SMART:

- S** – Specific
- M** – Measurable
- A** – Action-oriented
- R** – Reasonable
- T** – Timely

1. What do you want to do?

2. By what date do you want to complete your goal?

3. How will you accomplish your goal (i.e., what action steps will you take)?

4. Rewrite your SMART goal.

A goal that I want to accomplish:

By \_\_\_\_\_, I will \_\_\_\_\_  
(list time) (identify goal)

\_\_\_\_\_.

This will be measured by \_\_\_\_\_  
(identify how you will know that you have accomplished your goal)