

# Smart Goals

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

## Goal #1

Specific: What do I want to accomplish and why?	
Measurable: How will I know when I accomplished this?	
Achievable: How will I achieve this?	
Realistic/ Relevant: Is this realistic and a good time to work towards this goal?	
Timely: When do I want to accomplish this goal?	

## Goal #2

Specific: What do I want to accomplish and why?	
Measurable: How will I know when I accomplished this?	
Achievable: How will I achieve this?	
Realistic/ Relevant: Is this realistic and a good time to work towards this goal?	
Timely: When do I want to accomplish this goal?	

## Goal #3

Specific: What do I want to accomplish and why?	
Measurable: How will I know when I accomplished this?	
Achievable: How will I achieve this?	
Realistic/ Relevant: Is this realistic and a good time to work towards this goal?	
Timely: When do I want to accomplish this goal?	

# Smart Goals

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

## Goal #4

Specific: What do I want to accomplish and why?	
Measurable: How will I know when I accomplished this?	
Achievable: How will I achieve this?	
Realistic/ Relevant: Is this realistic and a good time to work towards this goal?	
Timely: When do I want to accomplish this goal?	

## Goal #5

Specific: What do I want to accomplish and why?	
Measurable: How will I know when I accomplished this?	
Achievable: How will I achieve this?	
Realistic/ Relevant: Is this realistic and a good time to work towards this goal?	
Timely: When do I want to accomplish this goal?	

## Goal #6

Specific: What do I want to accomplish and why?	
Measurable: How will I know when I accomplished this?	
Achievable: How will I achieve this?	
Realistic/ Relevant: Is this realistic and a good time to work towards this goal?	
Timely: When do I want to accomplish this goal?	