



SMART GOALS

Setting SMART goals can help keep you motivated and get you closer to reaching your goal!

Specific

What is the exact goal that you are trying to accomplish?

Measurable

How will you be able to see that you are making progress?

Attainable

Is this a goal that you think you can actually reach?

Relevant

Is this something that's important to you right now?

Time-bound

When do you think you'll be able to reach your goal?



»»»» SMART goal-setting tool

SMART goal-setting

Name:

Date:

My SMART goal is to...

Target date:

This goal is important to me because...

I will turn this goal into a SMART goal by...

S

M

A

R

T

I will remind myself of this goal by...

Actions I will take/my key strengths I will use to achieve this goal are...

I will reward myself for achieving this goal by...

