

SMART goals

Goal: _____

Specific

Objectives needed to reach goal

1. _____
2. _____
3. _____
4. _____
5. _____

Measurable

How much? By when?

Achievable

Why do I know I can do this?

Progress bar

Time - bound : Deadline to
accomplish goal: ___ / ___ / ___

Relevant

Why is this the right time to start this goal? _____

Why am I motivated to achieve this goal? _____

*good things
take time*