

## S.M.A.R.T. GOALS TEMPLATE

WHAT IS MY GOAL?	
<u>S</u> pecific	What do you want to accomplish? Who needs to be included? When do you want to do this? Why do you want to do this?
<u>M</u> easurable	How can you measure your progress? How do you know if you have met your goal?
<u>A</u> chievable	Do you miss any skills required to meet your goal? If so, how can you obtain these skills? What is your motivation to meet this goal?
<u>R</u> elevant	Why am I setting this goal now?
<u>T</u> ime-Bound	What is your time-limit/ deadline? Is it realistic?