S.M.A.R.T. Goal Think-sheet

for _________________

Specific: What exactly do you want to accomplish?

______________________________________________________

______________________________________________________

Measureable: How will you know when you’ve reached this goal? What will you be able to do?

______________________________________________________

______________________________________________________

Action: What will you need to do in order to reach your goal?

______________________________________________________

______________________________________________________

Realistic: Is this goal reachable? How do you know?

______________________________________________________

______________________________________________________

Timely: When will you reach this goal? What is your deadline?

______________________________________________________

______________________________________________________