**N A M E :**  **D A T E :**

**SMART** GOALS PLANNER

Identify a goal that is specific, measurable, achievable, relevant, and time-bound (SMART). Break it into actionable steps, each with its own deadline.

**S**



*What exactly do you want to achieve?*

Specific



**M A**

**R**

*How will you track your advancement?*

*Evaluate the feasibility of your goal.*

*How does it fit into your broader objectives?*

**T**

*What is the deadline?*

Time-bound

Relevant

Attainable

Measurable