# 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**

**Specific**

*What exactly do you want to achieve?*

**M**

**Measurable**

*How will you track your advancement?*

**A**

**Attainable**

*Evaluate the feasibility of your goal.*

**R**

**Relevant**

*How does it fit into your broader objectives?*

**T**

**Time-bound**

*What is the deadline?*