



Smart Goal Setting



S

Make it
Specific

What is your goal? Give details

M

Make it
Measurable

How will you keep track of your progress?
How will you measure it?

A

Make it
Attainable

What do you need to achieve your goal?
Think of time, skills, etc.

R

Make it
Relevant

How will this goal help you?

T

Make it
Timely

When will you achieve this goal? Set a
start and finish date.



Smart Goal Setting



Action Plan—what steps do you need to take? Date

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Potential Obstacles

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Potential Solutions

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