SMART Goals

S	Specific What am I going to do? Why is this important to me?
M	Measurable How will I measure my success? How will I know when I have achieved my goal?
A	Attainable What will I do to achieve this goal? How will I accomplish this goal?
R	Relevant Is this goal worthwhile? How will achieving it help me? Does this goal fit my values?
Т	Time-Bound When will I accomplish my goal? How long will I give myself?

Action Plan

Date to finish How will I measure my success? Steps to Achieving my Goal Description Time Estimate Completion date Obstacles that may arise How I will respond Helpful Tools Helpful Resources	My goal is						
Steps to Achieving my Goal Description Time Estimate Completion date Obstacles that may arise How I will respond							
Description Time Estimate Completion date Obstacles that may arise How I will respond	Date to finish	sh How will I measure my success?					
Description Time Estimate Completion date How I will respond	Steps to Achiev	ing my Goal					
				Completion date			
Helpful Tools Helpful Resources	Obstacles th	nat may arise	How I will respond				
Helpful Tools Helpful Resources							
Helpful Tools Helpful Resources							
Helpful Tools Helpful Resources							
Helpful Tools Helpful Resources							
Helpful Tools Helpful Resources							
		Helpful Tools		Helpful Resources			