



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

--	--

Potential Obstacles

--

Potential Solutions

--