

# SMART Goals

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

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# Action Plan

My goal is \_\_\_\_\_

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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