

SMART GOAL ORGANIZER

As we work through the steps of the SMART goal model, write notes for your own goal in the table below.

<p>S</p> <p>SPECIFIC What exactly do you want to do?</p>	<p>What exactly do you want to do?</p> <p>What three (3) steps will you do each day to help you achieve this goal?</p> <ol style="list-style-type: none">1.2.3.
<p>M</p> <p>MEASURABLE How will you know when you've reached it?</p>	<p>What will success look like?</p> <p>How will you measure your progress?</p> <p>How often will you check your progress?</p>
<p>A</p> <p>ACHIEVABLE Is it in your power to accomplish it?</p>	<p>Do you expect to encounter obstacles? How will you address them?</p> <p>What do you need to succeed? Do you have the necessary skills and resources to accomplish this goal? If not, how will you ensure you have what you need?</p>



<p>R</p> <p>RELEVANT Is it consistent with your higher goals?</p>	<p>How does this align with my bigger goals?</p> <p>Why is it important for me to accomplish this goal?</p>
<p>T</p> <p>TIMELY When exactly do you want it accomplished?</p>	<p>When will this begin?</p> <p>When do I plan to be done with this goal?</p>
<p>Reword your original goal to include all of the elements from the SMART model</p>	

