

SMART GOAL

Initial Goal	Write the goal you would like to achieve:
S Specific	What is your desired result? (Think about elements of who, what, when, why, how.)
M Measurable	How can you measure progress? How often will you assess progress?
A Attainable	What skills do you need? What resources are necessary? Why are you motivated to do this?
R Realistic and Relevant	How do you know your goal is achievable? What are your likely obstacles?
T Time-bound	What is your deadline? Is your deadline realistic?
SMART Goal	Review your responses. Craft a new goal statement based on your responses.