



# SMART GOALS

**Specific:** What exactly will you accomplish?

**Measurable:** How will you know when you have reached this goal?

**Achievable:** Is achieving this goal realistic with effort and commitment? Have you the resources to achieve this goal? If not, how will you get them?

**Relevant:** Why is this goal significant in your life?

**Timely:** When will this goal be achieved?



Names:

Goal:

Steps to Achieve Goal:

Resources/Support to Achieve Goal:

Possible Roadblocks:



