

S.M.A.R.T Goal Planning Exercise

| Goal | Specific? | Measurable? | Achievable? | Relevant? | Timely? |
|---|--|---|---|--------------------------------------|---|
| <i>Describe your goal in this column.</i> | <i>What exactly will you accomplish?</i> | <i>How will you know when you have reached this goal?</i> | <i>Is achieving this goal realistic with effort and commitment?</i> | <i>Why is this goal significant?</i> | <i>When will this goal be achieved?</i> |
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