



# SMART GOALS

**S**

**SPECIFIC**

Describe your goal: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**M**

**MEASURABLE**

How will you track your progress? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Is this a realistic goal? Yes No  
On a scale of 1-10, how confident am I that I will do this?

**A**

**ATTAINABLE**

List people who will help you reach your goal? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Who will be your accountability partner? \_\_\_\_\_  
When will they check-in with you? \_\_\_\_\_

**R**

**RELEVANT**

List the skills and resources you need to achieve your goal: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

On a scale of 1-10, how meaningful is this goal?  
Why am I striving for this? \_\_\_\_\_

**T**

**TIME BOUND**

Goal check-in #1: \_\_\_\_\_ When? \_\_\_\_\_  
Goal check-in #2: \_\_\_\_\_ When? \_\_\_\_\_  
Goal check-in #3: \_\_\_\_\_ When? \_\_\_\_\_