

SMART GOALS PLANNER

Identify a goal that is specific, measurable, achievable, relevant, and time-bound (SMART). Break it into actionable steps, each with its own deadline.

S

Specific

What am I going to do? Why is this important to me?

M

Measurable

How will I measure my success? How will I know when I've achieved my goal?

A

Attainable

What will I do to achieve this goal?

R

Relevant

How does achieving this goal help me in the future? Does this goal fit my values?

T

Time-bound

When will I accomplish my goal? What is the deadline?

ACTION PLAN

My goal is

<i>Date to Finish</i>	<i>How will I measure my success?</i>

Steps to Achieving My Goal!

<i>Description</i>	<i>Time Estimate</i>	<i>Completion Date</i>

<i>Obstacles That May Arise</i>	<i>How I Will Respond</i>

<i>Helpful Tools</i>	<i>Helpful Resources</i>