

S.M.A.R.T.

Goals

Date:

Type of Goal: Financial Personal Fitness Career Relationship

S

Specific

What exactly do you want to do? Make your goal clear.

M

Measurable

How are you going to measure progress or when you have reached your goal? Your goal has to be quantifiable.

A

Attainable

Is this goal realistic? Do you have all the resources you need for this goal?

R

Relevant

Why is this goal meaningful to you?

T

Time-Bound

What is your deadline to complete this goal?

Final Goal

Combine all the things above and write down your S.M.A.R.T. goal.