

S.M.A.R.T. Goals: Specific, Measurable, Attainable, Realistic, Timely

Today's date _____ Start date _____ Target date _____

Specific: What am I going to do? Why is it important to me?

Measurable: How will I know that I've reached my goal?

Attainable: Do I have the tools to achieve my goal? If not, how will I get them?

Realistic: Am I giving myself a reasonable timeline? Am I breaking my goal up into smaller, manageable steps?

Timely: When is my target date for reaching my goal? How will I break down my goal into smaller, attainable steps with goal dates for those steps?

Possible obstacles and plan for dealing with them: