

Smart Goals

Use this as an opportunity to set and achieve SMART goals. SMART stands for Specific, Measurable, Achievable, Relevant, and Time-bound. Use the space provided to write down your goals and break them down into specific, actionable steps.

S

Specific

What is your specific goal?

M

Measurable

How will you measure your progress towards this goal?

A

Achievable

Is this goal achievable given your current resources and constraints?

R

Relevant

How does this goal align with your overall values, priorities, & aspirations?

T

Time-bound

When do you want to achieve this goal by?