

Goal # ____

Date Created:

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| What's the goal you have in mind? | |
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| S Specific | What do you want to accomplish? Who needs to be included? |
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| M Measurable | How can you measure progress and know if you're successfully meeting your goal? |
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| A Achievable | What are the steps you will need to take to meet this goal? What will you do if you encounter a barrier along the way? |
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| R Relevant | Why are you setting this goal now? Does it compliment or interfere with your other goals? |
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| T Timely | What is the deadline for this goal? Is this realistic? |
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