



Specific

Plan effectively
with specific
targets in mind.

G



Measurable

Track your
progress and
reevaluate
along the way.

O



Achievable

Set realistic
goals that are
challenging but
achievable.

A



Relevant

Ensure the goal
serves a
relevant
purpose.

L



Time-Bound

Specify a
deadline,
monitor
progress and
reevaluate.

S



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Name: _____

SMART GOALS



Specific

What will I practice, learn, or complete? _____



Measurable

How will I track my progress? _____



Achievable

Can I do this with the time, help, and materials I have? _____



Relevant

Why is this important to me? _____



Time-Bound

When will I finish this goal? _____

Name: _____

MY SMART GOALS

My goal is _____. I will _____ to meet my goal by _____.

Name: _____

MY SMART GOALS

My goal is _____

_____. I will _____

_____ to meet my goal by _____

_____.