

Identifying S.M.A.R.T. Goals

Fill in the appropriate information into the boxes.

S	Make it Specific!	What would you like to accomplish?
M	Make it Measurable!	How can you track your progress? How will you know when it's accomplished?
A	Make it Action-oriented!	What can you do to accomplish your goal?
R	Make it Realistic!	Is it attainable? Is it too easy?
T	Make it Timely!	When will you accomplish your goal?