

My Name is _____.

This is my SMARTer GOAL]

"A goal without a plan is just a wish!"

S

MY **SPECIFIC** GOAL BY IS:

M

WHAT ARE WAYS YOU WILL **MEASURE** YOUR PROGRESS ON THE GOAL?:

A

THOUGH IT'S A CHALLENGE, IT IS **ATTAINABLE**. I WILL HAVE TO *REACH* FOR IT BY DOING:

R

MY GOAL IS **REALISTIC** AND REALLY MATTERS TO ME BECAUSE OF THESE REASONS:

T

MY SMART GOAL IS **TIMELY**, MY TARGET DATE IS:

E

HOW WILL YOU KEEP UP THE **ENERGY** TO ACCOMPLISH THIS GOAL?

R

WHEN I ACCOMPLISH MY GOAL, I WILL **REWARD** MYSELF BY DOING WHAT?

WHO CAN YOU TELL ABOUT THIS GOAL? (mentor, coach, spouse, co-worker, friend, ..) _____