

S.M.A.R.T. GOAL

S – My SPECIFIC Goal:

M – How will I MEASURE my progress:

A – This is an ATTAINABLE goal: _____ True _____ False

R – These are the steps I will take to meet my RESULTS-Based goal:

1. _____
2. _____
3. _____

T – This is TIME-Bound and I will achieve my goal by this date:

_____ Yes, I met my goal. _____ I'm still working on my goal.

_____ No, I've changed my mind.

Reflection:



Short Term Goal

- 1. _____
- 2. _____
- 3. _____
- 4. _____



Long Term Goal

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____
- 6. _____
- 7. _____
- 8. _____