

# CREATING SMART GOALS



Name:

.....

MON TUE WED THU FRI SAT SUN



STATE A BROAD GOAL:

.....

## SPECIFIC

State what you will do using action words.

## MEASURABLE

Provide a way to evaluate progress using metrics or data points.

## ACHIEVABLE

Assess that this goal is possible to accomplish. State any barriers here.

## RELEVANT

How does this goal help you?

## TIME-BOUND

State when you will get it done. Be specific on dates and timeframes.