

NAME : _____

DATE: _____

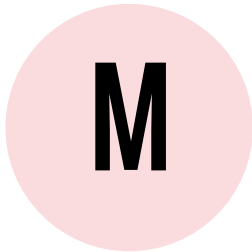
SMART GOALS PLANNER

Identify a goal that is specific, measurable, achievable, relevant, and time-bound (SMART). Break the goal down into small steps.



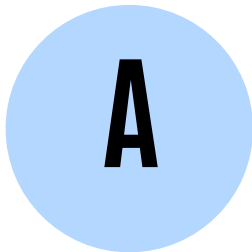
Specific

What is your goal?



Measurable

How can you measure your progress?



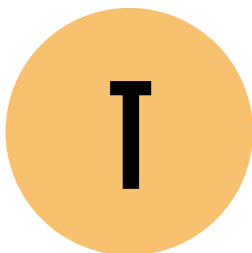
Achievable

Is the goal realistic for you to achieve?



Relevant

How will this goal impact your life?



Time-bound

When will you check in on your progress?