



SMART GOAL SETTING SHEET

Specific

S

WHAT do you want to accomplish?

Measurable

M

How will you **KNOW** that you've met your goal?

Achievable

A

Is it in your **POWER** to accomplish your goal?

Realistic

R

Is this goal **WORTH** working hard to accomplish?

Timely

T

WHEN do you want to accomplish your goal?
