

SETTING SMART GOALS WORKSHEET

GOALS	Specific	Measurable	Attainable	Relevant	Time-Specific
	<i>State clearly where you're going</i>	<i>How will you know you're making progress</i>	<i>Within your capabilities and depends only on you</i>	<i>You care enough about this to make it a priority</i>	<i>What is your final deadline, and what are your interim deadlines?</i>
1.					
2.					
3.					