

SMART GOALS

S

SPECIFIC

Describe your goal:

M

MEASURABLE

How can you track your progress?

A

ATTAINABLE

Who is going to help you with your goals? _____

Which will be your accountability partner? _____

When will they check in with you? _____

R

RELEVANT

List the skills and resources you need in order to meet your goals.

T

TIME BOUND

Goal for check in date 1

When? _____

Goal for check in date 2

When? _____

Goal for check in date 1

When? _____