



Make Your Goals S.M.A.R.T.

S: Specific
M: Measureable
A: Attainable
R: Realistic/Relevant
T: Time-Bound

What is your goal? _____

What is the specific purpose of your goal? _____

How are you going to track your progress on your goal? _____

Is your goal realistic for your current life circumstances? _____

Will achieving this goal help you with other life goals? _____

Will achieving this goal make you happy? _____

What is this goal's deadline? _____