SMART Goals

Setting goals is an important part of making achievements in your life. In order to set reasonable goals, it is important to reflect on the details of each goal. Setting **SMART** goals can help ensure that you are setting realistic and attainable goals for yourself.

Directions: Answer the questions in each section below.

Specific details prepared.
What do I need to achieve this goal?

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Measures of success.
What will I use to measure my progress?

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Attainable expectations.
Do I have the skills I need to attain my goal?

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Relevant to personal values.
What purpose does this goal serve for me?

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Timeline with deadlines and due dates.
What is my deadline to achieve this goal?

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