

S.M.A.R.T. Goals

Goal: _____

1. **Specific.** What will the goal accomplish? How and why will it be accomplished? _____

2. **Measurable.** How will you measure whether or not the goal has been reached? _____

3. **Attainable.** Is it possible? Have others done it successfully? _____

4. **Realistic.** Is this goal too easy or too difficult? Do you have the necessary knowledge, skills, abilities and resources to accomplish the goal? _____

5. **Time Bound.** What is the established completion date and does that date create a practical sense of urgency? _____

6. What behavior or negative attitude do you have that will limit your success in achieving your goal? _____

7. What are three different behaviors or actions that you can do to change the negative attitude that you have? _____

8. List three people that will be essential for helping you to reach your goal. How will they help?

1) _____

2) _____

3) _____

9. How will you reward yourself after you have accomplished your goal or completed the steps toward your goal? _____