

SMART GOAL SETTING



active-mindset

Name:

Date:

What is your goal?

Why is this goal important to you?

Explore how your goal satisfies each principle of the SMART goal setting

S - SPECIFIC

What do I want to accomplish?

M - MEASURABLE

How will I measure the outcome?

A - ATTAINABLE

Can the goal be accomplished?
Do I need to break it down?

R - REALISTIC

Is the goal too difficult or too easy to reach?

T - TIMELY

When is my target date for achieving the goal?

Identify potential obstacles and ways to overcome them