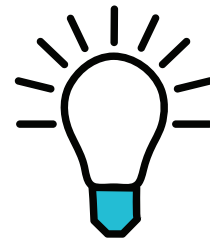


My SMART Goal

Use the prompts to help you think of the specific details of your goal. Fill in the completed goal at the end! Post this somewhere so you can be reminded of your goal.



My Goal is	Questions to Think About	My Answers
Specific	<ul style="list-style-type: none"> • What do I want to accomplish? • What small steps can I take to accomplish this goal? • Where do I have to do the work for this goal? 	
Measureable	<ul style="list-style-type: none"> • How can I make it measurable? • How do I know I am making progress toward my goal? • How do I know when I've accomplished my goal? 	
Attainable	<ul style="list-style-type: none"> • What do I need to do to achieve the goal? • Do I need help from others? • Are there known obstacles or requirements I have to keep in mind? 	
Relevant	<ul style="list-style-type: none"> • Why do I want to accomplish that goal? • Why is this goal important to me? 	
Timely	<ul style="list-style-type: none"> • When do I want to achieve it by? 	

My SMART Goal is: _____

