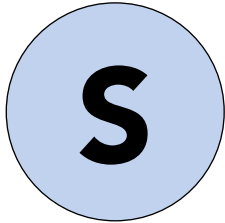


SMART Goal Planner

Name: _____ Date: _____

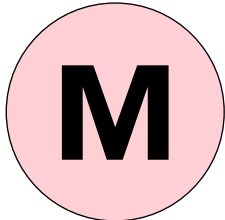
Identify a goal that is specific, measurable, achievable, relevant, and time-bound (SMART). Break it into actionable steps, each with its own deadline.



Specific

What exactly do you want to achieve?

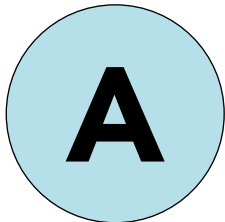
A good goal for me would be _____ because _____.



Measurable

How will you track your advancement?

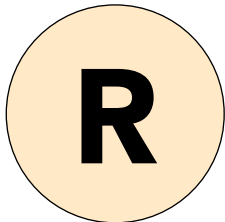
I will keep track of _____ so I know I'm making progress.



Attainable

Evaluate the feasibility of your goal.

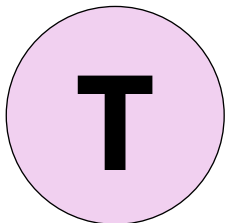
To reach my goal, I can take these steps _____.



Relevant

How does it fit into your broader objectives?

Reaching my goal will help me _____.



Time-bound

What is the deadline?

I will keep track of my progress by checking on my goal every _____
(day/week/month)