

S Specific

The "who, where, when, why and how." What exactly do I want to happen?

Goal 1

Goal 2

M Measurable

I will know I reached my goal when ...

Goal 1

Goal 2

A Attainable

With hard work, is it possible to reach this goal by the deadline? How?

Goal 1

Goal 2

R Relevant

Why is this important to you? What is inspiring you to set this goal? My goal is important enough for me to put a specific plan into action.

Goal 1

Goal 2

T Time-bound

I will reach my goal by ...

Goal 1

Goal 2