

SMART Goals

Specific	Is it focused on one specific achievement?	
Measurable	How will you know you have reached your goal?	
Attainable	Is this something you can actually accomplish? What are the steps to get there?	
Relevant	Does your goal align with your purpose & values?	
Timely	How long will it take you to reach your goal? How long will each step take?	

To be successful I will need a few things.

Resources: _____

Skills: _____

Education: _____

Obstacles to my success might be: _____

I will avoid these by: _____

I will reduce stress by: _____

I will manage stress (in order to stay committed to my goal) by: _____

Strategies to help me stay committed to my goal: _____

Person I trust to hold me accountable to this goal: _____