

Turn Your SMART Goal into a Plan

"A goal without a plan is just a wish." —Antoine de Saint-Exupéry

Set SMART Goal

Start Date: _____

Put in Effort

Things I have to do to achieve my goal

See Small Changes

Proof that the effort is working

Target Date

THE
BEST
GOALS
ARE:
Specific
Measurable
Achievable
Relevant
Time-Bound