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