

# 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**