

Set a SMART Goal



Step 1 Identify the **S**pecific thing you want to do.

Step 2 Identify the **T**ime in which it should be done.

Step 3 Some things to consider to determine whether your goal is **R**ealistic and **R**elevant:

- Do you have the time to achieve what you want to do?
- Is it **R**elated to the hopes and dreams you have for yourself?
- Is it something you can do by yourself or do you need help?
- Do you know who can help you?

Tell why it is relevant, realistic, and related. _____

Step 4 Can you **M**easure the change of where you are now to where you will be when you achieve your goal?

Where are you now? _____

Where will you be when you achieve your goal? _____

Step 5 **A**chievable: Looking at what it takes to make my goal realistic, the measurable change that has to happen in the time I've set, is this an achievable goal? _____

If you answered yes at every step, then you have a **SMART** goal.

Write it here. _____
