



SMART Goal Planner

Today's Date:

Start Date:

Target Date:

Date Achieved:

Goal:

Answer the following questions to verify that your goal is SMART



Specific: What exactly will you accomplish?



Measurable: How will you know when you have reached this goal?



Achievable: Is achieving this goal realistic with effort and commitment? How?



Relevant: Why is this goal significant to your life?



Timely: When will you achieve this goal?

LET'S TAKE ACTION!

Potential Obstacles		Potential Solutions
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How will you keep yourself accountable? Will you ask someone to help you?
If so, whom?

Specific Action Steps: Outline what steps need to be taken to get you to your goal?

Action	Date expected to complete	Status	Date completed on