

S.M.A.R.T. GOALS

Name: _____

Date: _____

Smart Goal	<hr/> <hr/> <hr/> <hr/> <hr/> <p>Specific? Measurable? Attainable? Relevant? Time-bound?</p>
Action Steps	<p>1. _____</p> <p>2. _____</p> <p>3. _____</p>
Hurdles	<hr/> <hr/> <hr/> <hr/> <hr/>
Reflection: What's next?	<hr/> <hr/> <hr/> <hr/> <hr/>