

## SMART Goal Planning Sheet

Name: \_\_\_\_\_ Date: \_\_\_\_\_

<b>SMART Goal</b>
<i>Specific? Measurable? Attainable? Relevant? Time-bound?</i>
<b>Action Steps</b>
<ol style="list-style-type: none"><li>1.</li><li>2.</li><li>3.</li></ol>
<b>Hurdles and Strategies to Overcome Each Hurdle</b>
<b>Reflection: What's Next?</b>