

Name: _____

Date: _____

SMART GOAL PLANNER

S Specific	What EXACT goal do you wish to accomplish?
M Measurable	How will you measure progress or know you reached your goal?
A Attainable	What skills or outside help will you need to reach your goal?
R Relevant	Is the goal worthwhile? Is it the right time to accomplish it?
T Timely	When will you accomplish the goal? When will you work on it?

“All who have accomplished great things have had a great aim, have fixed their gaze on a goal which was high, one which sometimes seemed impossible.” —Orison Swett Marden