



My long term goal:

My SMART goal:

Specific	<i>Is your goal specific?</i>	
Measurable	<i>How will you measure your success?</i> <i>Do you have a reliable measure?</i>	
Achievable	<i>How will the goal be achieved? Do you have the resources to achieve the goal?</i> <i>If too many actions need to be taken, break down the goal into smaller actions.</i>	
Relevant and Realistic	<i>Will accomplishing this goal get you closer to achieving your long-term goal?</i> <i>Is this goal realistic given the timeframe?</i>	
Time-Bound	<i>Include a specific date by which you will achieve the goal.</i> <i>When will you have completed your goal?</i>	