

# SMART GOALS

Specific, Measurable, Attainable,  
Relevant & Time-based Goals



## ADDRESS FOR EACH GOAL

**SPECIFIC** - Who, what, where, why?

**MEASURABLE** - Can you track its progress?

**ATTAINABLE** - Is the goal challenging but not impossible?

**RELEVANT** - Is it functional and necessary?

**TIME-BASED** - When will it be complete?

## GOAL 1

## GOAL 2

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**GOAL 3**

**GOAL 4**

**GOAL 5**