

S.M.A.R.T.E.R. GOAL SETTING TEMPLATE



Name:

Date:

My goal is:

Specific	What is the BIG goal I want to achieve? What exactly do I want to accomplish?	
Measurable	How can I track measure my progress? How will I know I've reached my goal?	
Achievable	Can I achieve this goal in my current situation? Is this goal challenging yet reasonable?	
Relevant	Why do I want to achieve this goal? Does it really matter to me?	
Time-Bound	By when do I want to accomplish this goal? When is the dead-line?	
Evaluable	How will I know if I am track? When will I evaluate my progress?	
Re-Adjustable	How and when do I re-adjust my goals if life gets in the way?	