

# SMART Goals

Specific - Measurable - Achievable - Realistic - Timely

## Specific

Describe your goal.

## Measurable

How can you track your progress?

## Achievable

What three steps can you take to reach your goal?

1.

2.

3.

## Realistic

List the skills or resources you need to reach your goal.

## Timely

When will you reach your goal?