

## **SPECIFIC**

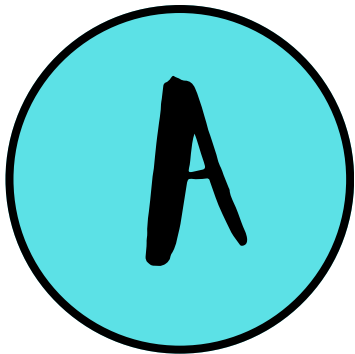
What do you want to accomplish?

# S.M.A.R.T. Goals



## **MEASUREABLE**

How will you know you achieved your goal? How will you keep track of your progress?



## **ATTAINABLE**

How will you achieve your goal?  
Make a plan.



## **RELEVANT**

Why is this goal important to you?



## **TIMELY**

When will you achieve your goal?



SMART Goals are a great way to help you be successful in challenging yourself to accomplish or learn something new.

Here's a place you can practice writing you own SMART goals.



My goal is:



I will track by progress by:



I will achieve this goal by doing the following:



This goal helps me because:



I will complete this goal by:

**Example SMART Goal:** I will try a new pie crust recipe for a pumpkin pie by Thanksgiving, to master ultimate pie recipe.

Potential challenges/obstacles that could stand in your way of completing your goal?

I will implement the following ideas to work around obstacles?