

# Smart GOALS

A planning worksheet to help you reach the next level

name:

date:

**S**pecific

What exactly do I want to do?

**M**easurable

How will I track my progress?

**A**ttainable

Is this realistic for me? Do I have what I need to make it possible?

**R**elevant

Why am I doing this? Does it matter to me?

**T**ime-Oriented

When will I have this completed?