

# My S.M.A.R.T. Goal \_\_\_\_\_

SMART Definitions	Questions to Ask	Components of My Goal	My Steps to Take
<p><b>Specific:</b> goals should be detailed, outlining what you want to achieve and why.</p>	<p>Who? What? When? Why?</p>		
<p><b>Measurable:</b> goals need to include specific criteria - such as amount, frequency, count - to help you define progress.</p>	<p>How much? How often? How many?</p>		
<p><b>Attainable:</b> goals should be challenging, but within reasonable reach.</p>	<p>Do I have the talent, ability, and/or resources to get what I want?</p>		
<p><b>Relevant:</b> goals should relate to both your current and future needs and circumstances.</p>	<p>How would reaching this goal impact my life now and in the future?</p>		
<p><b>Time-based:</b> goals need a set timeline to help insure progress.</p>	<p>How much time can I reasonably dedicate to reaching my goal?</p>		