



# SMART GOALS

**Specific:** What exactly will you accomplish?

**Measurable:** How will you know when you have reached this goal?

**Achievable:** Is achieving this goal realistic with effort and commitment? Have you the resources to achieve this goal? If not, how will you get them?

**Relevant:** Why is this goal significant in your life?

**Timely:** When will this goal be achieved?



Goal: \_\_\_\_\_

Steps to Achieve Goal:

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Resources/Support to Achieve Goal:

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Possible Roadblocks:

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# My Goal Activity Log

Week: \_\_\_\_\_

Date	Activity	Comments:

