

S.M.A.R.T Goal Planning Exercise

Goal	Specific?	Measurable?	Achievable?	Relevant?	Timely?
<i>Describe your goal in this column.</i>	<i>What exactly will you accomplish?</i>	<i>How will you know when you have reached this goal?</i>	<i>Is achieving this goal realistic with effort and commitment?</i>	<i>Why is this goal significant?</i>	<i>When will this goal be achieved?</i>