

SMART Goals

atomi

Name:

Date:

1. Write down one goal you want to achieve.

2. Think about how this goal might fit into the SMART goals framework.

Specific What result do I want to achieve?

Measurable How will I measure my progress? How will I know I've reached my goal?

Achievable Do I have the resources to achieve this result? Is it a realistic outcome?

Relevant Why am I setting this goal? Is it worth the time and effort?

Time bound When do I hope to achieve this goal? Is there a deadline?

3. Write an updated goal statement based on the SMART framework.
