

My Goal Planner

The first step to accomplishing anything is setting a goal. However, not all goals are created equal. The SMART Goal framework was created to ensure your goals are structured to maximize your clarity, accountability, and focus as you set out to accomplish them. Fill out this Goal Planner for each of your big goals and you will be shocked at how fast your plans come to fruition.

SPECIFIC: The Nitty Gritty

Here's exactly what I want to accomplish...

MEASURABLE: The Metrics

I'll have accomplished my goal when I hit these numbers...

ATTAINABLE: The Reality Check

Here's how I know I'll be able to accomplish my goal...

RELEVANT: The Connection

This goal relates to my larger life goals and priorities because...

TIME-BOUND: The Due Date

My goal is going to be toast by this date...

SMART Goals

S Specific

M Measurable

A Attainable

R Relevant

T Time-Bound

Sub-Goals

DUE	MILESTONE
___/___	_____
___/___	_____
___/___	_____
___/___	_____
___/___	_____
___/___	_____
___/___	_____
___/___	_____
___/___	_____
___/___	_____