

Goal 1:



Specific: What exactly do I want to accomplish?



Measurable: How will I track my progress and know when I've reached my goal?



Achievable: Is this realistic with my current resources and constraints?



Relevant: Why is this goal important to me and my future?



Time-bound: What is my deadline?



Complete SMART Goal 1:

Goal 2:



Specific: What exactly do I want to accomplish?



Measurable: How will I track my progress and know when I've reached my goal?



Achievable: Is this realistic with my current resources and constraints?



Relevant: Why is this goal important to me and my future?



Time-bound: What is my deadline?



Complete SMART Goal 2:

Potential Obstacles and Solutions

For each goal, identify:

1. One potential obstacle: _____
2. My plan to overcome this obstacle: _____