

Specific
Measureable
Attainable
Relevant
Time-bound
goal

Draft your goal:

Clarify your goal:

S

What do I want to accomplish?

M

How do I know if I have reached my goal?

What evidence will prove I'm making progress toward my goal?

A

Is the goal achievable? What skills and/or resources do I need to achieve the goal?

R

Why am I setting this goal now?

Is it aligned with my values and a vision of myself in the future?

T

What is the deadline? Is it realistic?

Finalize your goal:
