

# My SMART Goal

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## Specific

What exactly do I want to accomplish?

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Why is this goal important?

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## Measurable

How will I track progress and measure the outcome?

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How will I know when my goal is accomplished?

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## Achievable

Is my goal realistic enough to be accomplished?

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Can the goal be completed, given available resources?

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## Relevant

How does my goal fit in with other goals I am working toward?

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## Time-Bound

On what date does my goal need to be completed?

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What do I need to do today?

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