

# SMART Goals

## GOAL SETTING STRATEGY

MY GOAL:

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*to your Goal* **SPECIFIC?**

Yes No

Explain how your goal is specific and detailed as opposed to being broad or vague:

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*to your Goal* **MEASURABLE?**

Yes No

Explain below how your goal is scalable to your lifestyle:

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*to your Goal* **ATTAINABLE?**

Yes No

Is this goal actually achievable and realistic?

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*to your Goal* **RELEVANT?**

Yes No

Is this goal applicable to your life and your success? Does it hold significance?

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*to your Goal* **TIME BASED?**

Yes No

Are you able to plan and map your goal in an appropriate time frame?  
Is it measurable by time?

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