

MY SMART GOAL

★ ★ ★ ★ ★ Let's Set a SMART Goal! ★ ★ ★ ★ ★

Think of something exciting you want to achieve!

Use these helpful questions to make a super clear plan to reach your goal.

S

SPECIFIC

What exactly do you want to accomplish?

M

MEASURABLE

How will you track your progress?

A

ACHIEVABLE

Is this goal realistic and within your reach?

R

RELEVANT

Why is this goal important to you?

T

TIMELY

When do you want to reach your goal?

Go for it! Write your SMART goal and take your first step!