



Planner for **SMART GOALS**

Setting goals helps us grow, learn, and become better. However, often we set goals we are unable to achieve. SMART goals break down the goal, ensuring that it is realistic. Use this planner to help you achieve goals you set.

S

Specific

Who? What? When? Where? Why?

M

Measurable

How will I know when I've reached my goal? What will it look like?

A

Attainable

Do I already have what I need to achieve this goal?

R

Relevant

Is this goal worthwhile? Am I working towards it for the right reasons?

T

Time-bound

What is the deadline? When will I take important steps?

