

S.M.A.R.T. GOALS



When setting goals it is important to follow the SMART principle:

S -Specific M -Measurable A -Attainable R -Realistic T -Time Sensitive

Goals are what gives us a focus and keeps us on track, without them we have a much bigger chance of giving up on whatever activity we are pursuing. When setting goals, its good to look short term and long term. Meeting short term goals will help motivate us on our way to our long term goals.

Goals for 2018 (you may have more than 3, but try not to make this an overwhelming number)

1.

2.

3.

Broken down into Goals for: 1st quarter / 2nd quarter / 3rd quarter / 4th quarter

1. _____ / _____
_____ / _____

2. _____ / _____
_____ / _____

3. _____ / _____
_____ / _____

Short Term Quest S.M.A.R.T. Goals (Break it down further into next 4-5 weeks)

1.

2.

3.

Plan for success- How will you reach your goal? (give this ample thought and be very specific!):