



# S.M.A.R.T. GOALS

Name: \_\_\_\_\_

Date: \_\_\_\_\_

**SPECIFIC** Address the What, Why, When, Where, Who. Be specific!

**MEASURABLE** Identify metrics that can help you track progress.

**ATTAINABLE** What are your skillsets and resources that can help achieve your goals?!

**RELEVANT** Why are you setting this goal? Is it aligned with your overall objectives?

**TIMELY** What is the deadline for your goals? Be realistic!