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Timely: When will this goal be achieved?

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Relevant: Why is this goal significant to your life?

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Achievable: Is achieving this goal realistic with effort and commitment? Have you the resources to achieve this goal? If not, how will you get them?

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Measurable: How will you know when you have reached this goal?

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Specific: What exactly will you accomplish?

Verify that your goal is SMART

Goal: \_\_\_\_\_

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

Today's Date: \_\_\_\_\_ Target Date: \_\_\_\_\_ Start Date: \_\_\_\_\_