

Set a SMART Goal

A **SMART** goal helps you break a big idea into a focused plan. Use the boxes below to guide you through the steps of creating your own SMART goal!

S

Specific

What is your goal?

M

Measurable

I will track my progress by:

A

Achievable

I will achieve this goal by doing the following:

R

Relevant

This goal helps me because:

T

Time-Bound

I will complete this goal by (date):



Create Your Game Plan

What are 2-3 small actions I can take to reach this goal?

Reflect & Reset

What went well? What was challenging?

One thing I learned about myself:

Next week I want to focus on:

