

SMART Goal Journal

your goal must be...

- S** Specific. Be clear on what you want to accomplish.
- M** Measurable. Plan the steps needed to accomplish your goal.
- A** Attainable. Is your goal realistic?
- R** Relevant. Does your goal make sense in the context of your life?
- T** Time-Bound. Set a time-limit for when you want to accomplish your goal.

use the chart to work through your goal

S

M

A

R

T

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write your goal as a sentence

Large empty rounded rectangular box for writing the goal sentence.