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# SMART GOAL

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TARGET BEHAVIOR: \_\_\_\_\_

SMART GOAL: \_\_\_\_\_

	Criteria	Explain how your SMART goal reaches each criteria
<b>S</b>	SPECIFIC- Clearly state what you want to achieve.	
<b>M</b>	MEASURABLE- progress is easy to measure.	
<b>A</b>	ATTAINABLE- you are capable of doing what is needed to succeed.	
<b>R</b>	REALISTIC- you need to keep your expectations in check. Consider what is truly going to set you up for success <i>now</i> .	
<b>T</b>	TIME FRAMED- your goal needs a start and end date.	