IS MY GOAL S.M.A.R.T.?

GOAL:
Re-write as SMART Goal (after completing section below):

Specific: What EXACTLY do you want to achieve? • Who? • What? • When? • Why? • Where?	Measurable: • How often? • How many? • How much? • To what extent?	Achievable: Is your goal attainable? Realistic?	Relevant: Is it applicable to your ultimate goal?	Time-bound: When do you want/need to achieve the goal?