

Name: _____ Date: _____

Personal Smart Goals

	SMART Questions	SMART Answer
S	Specific What exactly do you want to accomplish?	
M	Measurable How will you measure your progress?	
A	Attainable Is your goal realistic and attainable?	
R	Relevant How does this goal align with your career aspirations?	
T	Time-Bound What is your deadline for achieving this goal?	