

Name:

Date:

Personal SMART Goals

1. What specific goal do you want to achieve?

(Write down a clear and specific goal you want to accomplish.)

2. Why is this goal important to you?

(Explain the personal significance of this goal and how it aligns with your values or long-term plans.)

3. What steps will you take to achieve this goal?

(List the specific actions or steps needed to work toward your goal.)

4. How will you measure your progress and stay on track?

(Identify the milestones or criteria that will indicate you're making progress, and how you'll keep motivated.)

5. When do you want to achieve this goal?

(Set a specific deadline or time frame by which you want to accomplish this goal.)
