

SMART Goals

for Personal Development

Name: _____

Date: _____

1. **Specific:** What is one specific personal development goal you want to achieve in the next month? (Write down your goal clearly and specifically.)

2. **Measurable:** How will you measure your progress toward this goal? (Describe a way to measure your success.)

3. **Achievable:** What steps will you take to ensure this goal is achievable? (List the actionable steps you need to take to reach your goal.)

4. **Relevant:** Why is this goal important and how does it align with your broader personal development objectives? (Explain why achieving this goal matters to you and how it fits into your larger personal growth plan.)

5. **Time-bound:** What is your target date for achieving this goal, and how will you stay on track to meet this deadline? (Set a clear deadline for when you aim to achieve your goal. Outline a plan for regular check-ins or milestones to ensure you stay on track.)