**S.M.A.R.T. Goals**

**Specific | Measurable | Attainable | Realistic | Time Related**

|  |  |
| --- | --- |
| What is a summary of your goal or objective? |  |
| Specific – What is the specific goal | Goal | Reasoning/Notes |
| Measurable – How can the goal be measured towards completion? | Goal | Reasoning/Notes |
| Attainable – Why is this goal attainable? | Goal | Reasoning/Notes |
| Realistic – Why do you believe this goal is realistic? | Goal | Reasoning/Notes |
| Time Related – What is the time frame for you to complete this goal? | Goal | Reasoning/Notes |