

# 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