

SMART

Specific

Measurable

Attainable

Realistic

Time Bound

My

GOAL

Steps I need to take.....(Short term goals)

People who can help if I get stuck: _____

S

Set A Goal

-Be **SPECIFIC** and know what you want to achieve.

M

Make a plan.

-Write a plan with **MEASURABLE** goals to keep you moving in the right direction.

A

Let's be real.

-Make sure your goal is **ATTAINABLE** (can it be done?)

R

Future is looking bright!

-Make sure your goals are **REALISTIC** and fit into your overall life plan!

T

Do you have the time?

-Set **TIMELINE** to get it all done