

Goals for the Future

SMART goals are:

- **Specific:** Well defined, clear, and unambiguous
- **Measurable:** With specific criteria that measure your progress towards the accomplishment of the goal
- **Achievable:** Attainable and not impossible to achieve
- **Realistic:** Within reach, realistic, and relevant
- **Timely:** With a clearly defined timeline, including a starting date and a target date. The purpose is to create urgency.

One Goal Focused on a Current Strength	One Goal Focused on a Current Weakness
Strength:	Weakness:
Smart Goal:	Smart Goal:

What is your "WHY"? What is your purpose in setting these goals?

Write out your detailed plan for achieving these goals. Be specific.

How will you stay accountable? Who will help you? Find/Ask for support and accountability.

How will you assess your progress during your pursuit of these goals?
