**SMART Goal Planning Sheet**

**(S) SPECIFIC: What do you want to accomplish?**

**(M) MEASURABLE: How will you know when you have accomplished your goal?**

1. **ATTAINABLE: How can the goal be accomplished?**

**(R) RELEVANT: Is this goal worth working hard to accomplish? Explain.**

**(T) TIME-BOUND: By when will the goal be accomplished?**