

# SMART Goals

(fill in the steps below for each of your SMART goals)

**Specific**

- State exactly what you plan to accomplish:

**Measurable**

- How will you track and evaluate progress:

**Actionable**

- What will you do to achieve the goal:

**Realistic**

- Is the goal attainable? Aim high, not low:

**Timely**

- When will you achieve the goal or milestones: