

name: _____

date: ___/___/___

Smart GOALS



Specific

Set a goal that is specific enough to be accomplished.
Your goal must answer questions like:
WHO, WHAT, WHERE, WHEN and WHY



Measurable

How can you measure progress and how if you succeeded ?



Attainable

Are you capable of achieving this goal?



Relvant

How does the goal is aligned with your objectives? ,
Is it worthwhile? and Is it the right time?
Why am I setting this goal? and Describe how you will know when your goal has been met.



Time Based

What is the deadline and is it realistic?
How long will this goal take to be completed?



goals

Craft a new goal statement based on the conclusion you got from the analysis.

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Smart GOALS

S_{pecific}

M_{easurable}

A_{ttainable}

R_{elevant}

T_{ime Based}

SMART
goals
