

Name (First, Last) \_\_\_\_\_

### **SMART Goal Setting**

**Specific:** The goal should identify a specific action or event that will take place.

**Measurable:** The goal and its benefits should be quantifiable.

**Achievable:** The goal should be attainable given available resources.

**Realistic:** The goal should require you to stretch some, but allow the likelihood of success.

**Timely:** The goal should state the time period in which it will be accomplished.

### **Short Term Goal**

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### **Mid Term Goal**

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### **Long Term Goal**

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### **Very Long Term Goal**

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