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| **S** | **M** | **A** | **R** | **T** |
| ***SPECIFIC****What exactly do you want to achieve?* | ***MEASUREABLE****How will you know when you have reached your goal?* | ***ACHIEVABLE****Are your gold attainable?* | ***RELEVANT****How does reaching your goal help you?* | ***TIME-BOUND****When do you plan to start and complete your goal?* |
| **My SMART Goal** |
| **I will** |
| **read 20 minutes every night before bed for amonth so I can improve my reading skill** |
| **starting on** |
| **<mm/dd/yyyy>.** |
| **I'll reach my goal by** |
| **setting a timer for 20 minutes each night andread until the time goes off.** |
| **John Smith** | **mm/dd/yyyy** |
| PREPARED BY | DATE |