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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 a month 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 and read until the time goes off.** | | | | | | |
| **John Smith** | | | **mm/dd/yyyy** | | |
| PREPARED BY | | | DATE | | |