

SMART Goal Planning

Area

Today's Date

Goal Target Date

Achievement Date

Goal - Specific, Measurable, Attainable, Realistic, Timetable

Action Plan	Target Date	Date Completed
1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		
9.		
10.		
11.		
12.		

Does this goal fit my core values? _____ Am I 100% committed to achieving this goal? _____