

# Smart Goal Planning

SMART goals are specific, measurable, attainable, realistic and timely.

**Specific Goal**, clearly explain the goal.

**Measurability**, How will you measure your progress?

**Attainability**, write down how you will attain and actions you'll take to make this goal happen.

**Realism/Time**, is your goal realistic? If so what is the frame for you to complete it? Explain how you will make it happen in the time you set.

Notes: