

S.M.A.R.T. GOAL Setting Template

<p>S – State what you want to achieve (one sentence)</p>	<p>Notes</p>															
<p>M – How will you measure your progress?</p>																
<p>A – What resource(s) do you need to reach your goal?</p> <table border="1" style="width: 100%; border-collapse: collapse; margin-top: 10px;"> <thead> <tr> <th style="width: 25%;">Resource?</th> <th style="width: 25%;">Have it?</th> <th style="width: 50%;">How will you get it?</th> </tr> </thead> <tbody> <tr> <td> </td> <td>Yes No</td> <td> </td> </tr> <tr> <td> </td> <td>Yes No</td> <td> </td> </tr> <tr> <td> </td> <td>Yes No</td> <td> </td> </tr> <tr> <td> </td> <td>Yes No</td> <td> </td> </tr> </tbody> </table>	Resource?	Have it?	How will you get it?		Yes No			Yes No			Yes No			Yes No		
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<p>R – Is this a realistic goal? (Evaluate your resources, energy, etc.)</p>																
<p>T – What is your time frame for completing your goal? (be as specific as possible)</p>																

How will you celebrate reaching your goal? _____