
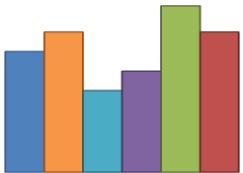

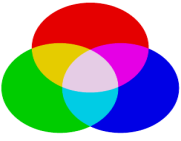



# SMART Goals

A technique used to help you make and track progress towards your goals.

Name: \_\_\_\_\_

Date: \_\_\_\_\_

S	<b>Specific</b> 	Set goals that are clear and detailed. <b>What:</b> What do you want to accomplish? <b>Why:</b> Specific reasons, purpose or benefits of accomplishing the goal. <b>Who:</b> Who is involved? <b>Where:</b> Identify a location. <b>Which:</b> Identify requirements and challenges.	
M	<b>Measurable</b> 	How will I measure my progress toward the attainment of the goal. If a goal is not measurable, it is difficult to track progress toward the successful completion of the goal. <b>How much?</b> <b>How many?</b> <b>How will you know when it is accomplished?</b>	
A	<b>Attainable</b> 	<b>Is your goal realistic and attainable?</b> While an attainable goal may stretch the goal-setter in order to achieve it, the goal is not extreme. <b>How:</b> How can the goal be accomplished?	
R	<b>Relevant</b> 	<b>Why is this goal important for you?</b> <b>Is this a worthwhile goal and will it meet your needs?</b> <b>Are you committed to starting right now?</b> <b>What additional resources do you need to accomplish this goal?</b> <b>How does this goal fit with your long term objectives?</b>	
T	<b>Time-bound</b> 	By what date do you want to achieve your goal? Committing to a deadline helps focus your efforts on completing the goal. Time-bound helps to prevent goals from being overtaken by the day-to-day circumstances that invariably will arise. <b>When?</b> <b>What can I do today? This week? This month?</b> <b>What can I do 6 weeks from now?</b> <b>What can I do 6 months from now?</b>	

**SAMPLE:** I will purchase a house by June 2018 to have a stable home by improving my credit score to at least a 680, saving at least \$10,000, paying off my debt, and continuing to work full-time to have a stable income by using and sticking to a written budget.

**Final SMART Goal:**

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