



## Setting your SMART goals

*Print out and fill in*

1. Who? Who is involved? Who will you tell to keep you accountable?

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2. What? What do I want to accomplish?

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3. When? When do you hope to accomplish this goal by?

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4. Which? Identify possible barriers and how to overcome them. List sacrifices you are willing to make to achieve this goal. \_\_\_\_\_

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5. Where? Where will you work to achieve this goal? \_\_\_\_\_

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6. Why? List specific reasons, purpose or benefits of accomplishing the goal.

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Written Statement: My goal is to \_\_\_\_\_ by \_\_\_\_\_(time).

What three things do you plan to do **daily** to achieve this goal?

- 1.
- 2.
- 3.

What three things will you do **weekly** to achieve this goal?

- 1.
- 2.
- 3.

What three things will you do **this year** to achieve this goal?

- 1.
- 2.
- 3.