SMART Goal

START _____ REVIEW ON _____

MY GOAL One sentence, in your own words.

S — SPECIFIC

What exactly will I do? What does done look like?

M — MEASURABLE

Which number or result tells me it's done? How will I track it?

A — ACHIEVABLE

What do I need to make it happen, and what could get in the way?

R — RELEVANT

Why does this matter to me now? What does it help with?

T — TIME-BOUND

By when? Which checkpoints come before the deadline?

DEADLINE _____

FIRST THREE STEPS Small enough to start this week. Give each a date.

	STEP	BY	DONE
1		/	☐
2		/	☐
3		/	☐

WHEN IN MY WEEK Block a time for the goal on the days it fits.

MON	TUE	WED	THU	FRI	SAT	SUN
–	–	–	–	–	–	–

TIME A WEEK _____ h

Same time each week? Make it a repeating block.