

# My SMART Goals

## 1. Specific - *Define your goals with precision.*

My goal is...

## 2. Measurable - *Establish guidelines to track your progress.*

I will track my goal by...

## 3. Achievable - *Set realistic goals that challenge but don't overwhelm you.*

To achieve my goal I will...

## 4. Relevant - *Align your goals with your broader aspirations and values.*

This goal is important to me because...

## 5. Timeframe - *Assign deadlines to create a sense of urgency and motivation.*

I will know I have reached my goal when...