

NAME : \_\_\_\_\_

DATE: \_\_\_\_\_

# SMART GOALS PLANNER

Identify a goal that is specific, measurable, achievable, relevant, and time-bound (SMART). Break it into actionable steps, each with its own deadline.



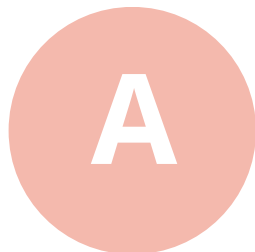
☐ **Specific**

*Clearly define what you want to achieve*



☐ **Measurable**

*Include a way to track progress*



☐ **Achievable**

*Set realistic goals*



☐ **Relevant**

*Align your goals with what truly matters to you*



☐ **Time-bound**

*Give yourself a deadline*

