

YOUR SMART GOAL

(S)pecific (M)easurable (A)ttainable (R)ealistic (T)ime-bound

GOAL:

Specific?

Measurable?

Attainable?

Realistic?

Time-Bound?

TASKS

1

DONE

NOT DONE

2

DONE

NOT DONE

3

DONE

NOT DONE

Tips to get back on track:

REFLECTION: