





SMART Goal Planning

GOAL:	
S	SPECIFIC: Why do we want to accomplish this goal? What are the requirements? What are our constraints?
M	MEASURABLE: How will we measure our progress? How will we know when it is completed?
A	ATTAINABLE: How can our goal be accomplished? What are the logical steps?
R	RELEVANT: Is this a worthwhile goal right now? Do we have the resources to accomplish it? Is this in line with our long-term plans/dreams?
T	TIMELY: How long will it take to accomplish this goal? When is the completion due? When are we going to work on this goal?

You can have the marriage of your dreams! Use the table below to create your plan.

Date Due	Task to Complete	\checkmark
	GOAL COMPLETE TARGET DATE	