

## SMART GOAL ORGANIZER

As we work through the steps of the SMART goal model, write notes for your own goal in the table below.

<p><b>S</b></p> <p><b>SPECIFIC</b> What exactly do you want to do?</p>	<p>What exactly do you want to do?</p> <p>What three (3) steps will you do each day to help you achieve this goal?</p> <ol style="list-style-type: none"><li>1.</li><li>2.</li><li>3.</li></ol>
<p><b>M</b></p> <p><b>MEASURABLE</b> How will you know when you've reached it?</p>	<p>What will success look like?</p> <p>How will you measure your progress?</p> <p>How often will you check your progress?</p>
<p><b>A</b></p> <p><b>ACHIEVABLE</b> Is it in your power to accomplish it?</p>	<p>Do you expect to encounter obstacles? How will you address them?</p> <p>What do you need to succeed? Do you have the necessary skills and resources to accomplish this goal? If not, how will you ensure you have what you need?</p>



<p style="text-align: center;"><b>R</b></p> <p><b>RELEVANT</b> Is it consistent with your higher goals?</p>	<p>How does this align with my bigger goals?</p>  <p>Why is it important for me to accomplish this goal?</p>
<p style="text-align: center;"><b>T</b></p> <p><b>TIMELY</b> When exactly do you want it accomplished?</p>	<p>When will this begin?</p>  <p>When do I plan to be done with this goal?</p>
<p><b>Reword your original goal to include all of the elements from the SMART model</b></p>          	

