

My goal this year is to set...

**S**pecific - *What EXACTLY do you want to achieve?*

**M**easurable - *How will you know when you've achieved it?*

**A**ttainable - *Is it something that you have control over?*

**R**elevant - *Is it applicable to the place you are in your life?*

**T**ime-bound - *What is your deadline?*

...goals!

# I Can Set SMART Goals!

My Goal: \_\_\_\_\_  
\_\_\_\_\_

**S**pecific: \_\_\_\_\_

**M**easureable: \_\_\_\_\_

**A**ttainable: \_\_\_\_\_

**R**elevant: \_\_\_\_\_

**T**ime-bound: \_\_\_\_\_