

MY PERSONAL SMART GOAL MAP

S

SPECIFIC

What EXACTLY do I want to achieve? (Include the what, where, who, why)

M

MEASURABLE

How will I know I have met my goal? How will I measure my progress?

A

ACHIEVABLE

What steps will I take to reach my goal?

Who will help me reach my goal? When will I check-in with this person?

R

RESOURCES

What skills will help me be successful? What resources do I have and what resources do I need to reach my goal?

T

TIME-ORIENTED

Goal completion for Check-in #1 by what date?

Goal completion for Check-in #2 by what date?

Goal completion for Check-in #3 by what date?