

Student name	
School	
Field of Study	

SMART Goals are:

S	Specific: Clearly defined
M	Measurable: quantifiable numbers- able to track
A	Attainable: realistic, achievable outcomes
R	Reaching: stepping outside of your comfort zone and challenging yourself
T	Timely: target date for achievement

What's your SMART goal?

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<u>What challenges might you face?</u>	<u>How will you overcome those?</u>
1.	1.
2.	2.
3.	3.
4.	4.

Plan: How will you achieve your goal?
Place/Time: Where/When will you work on this?

Team/Resources: Who will provide support?
Tracking: What info will you collect and use?