

SMART GOAL PLANNER

Identify a goal that is **SMART**: specific, measurable, attainable, relevant, and timely. This helps us break our goals into smaller, actionable steps.



Specific

What exactly do you want to accomplish? Make your goal clear and specific.



Measurable

How will you measure progress? Specify how long, how often, when and where you'll work on your goal.



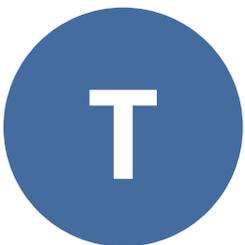
Attainable

Is the goal doable? Make sure the goal is something you can do and that you have the resources for.



Relevant

How does it fit into your overall goals? Why is it important to you?



Timely

What is your timeframe for this goal? Set a deadline and make sure it's something you can start now.