

Basic SMART Goal Template

	SMART questions	SMART answers
S	Specific <i>What is the goal? What do I want to accomplish with this goal?</i>	
M	Measurable <i>How will I know that I've accomplished the goal?</i>	
A	Attainable <i>Is this goal attainable? What will I need to do to attain it?</i>	
R	Relevant <i>Is this goal relevant to my life and/or career? How is it relevant to my life and/or career?</i>	
T	Time-bound <i>What is my deadline to accomplish the goal?</i>	