

Basic SMART Goal Template (+ Problems)

	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>	

Cheat Sheet for solving problems

What are the possible problems you may encounter on the road to reaching your goals?

What are the easiest ways to solve these problems?

What are the resources you can use to solve the listed problems?

Who are the people you can ask for help if you encounter these problems?

What are some inspirational words you'll turn to when problems become too difficult?