

# S.M.A.R.T. GOAL SHEET

Setting goals are easy to do, but actually acheiving them is where the problem lies. Use this sheet to help create well designed goals for yourself by using the SMART. goal system.

<b>S</b>	<b>SPECIFIC</b> What will be the specific result of your goal? What are the specific steps needed to achieve it? Is the goal too vague or too general?	
<b>M</b>	<b>MEASURABLE</b> Do you have a way to measure your progress? When will you reveiw your progress?	
<b>A</b>	<b>ATTAINABLE</b> Will you be able to acheive this goal? What are the reasons you believe you can accomplish this goal?	
<b>R</b>	<b>RELEVANT</b> Does this goal fit in with your larger life goals and your eternal purpose?	
<b>T</b>	<b>TIME-BOUND</b> Do you have a specific date set that you will have this goal acheived by?	

MY S.M.A.R.T GOAL:

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