



# S.M.A.R.T. GOALS PLANNER

<p><b>S</b> Specific</p>	<p><i>What exactly do you want to accomplish?</i></p>
<p><b>M</b> Measurable</p>	<p><i>How are you going to track your progress and know when you've accomplished your goal?</i></p>
<p><b>A</b> Attainable</p>	<p><i>Do you have the right attitude to achieve your goal?</i></p>
<p><b>R</b> Realistic</p>	<p><i>Why is your goal realistic?</i></p>
<p><b>T</b> Timely</p>	<p><i>When do you hope to reach your goal?</i></p>