

SMART **GOAL** BLUEPRINT

NAME

DATE

S	MAKE IT SPECIFIC	What do you want to accomplish?
M	MAKE IT MEASURABLE	How do you know you can accomplish your goal?
A	MAKE IT ATTAINABLE	How can the goal be accomplished?
R	MAKE IT RELEVANT	Explain why this goal worth your time?
T	MAKE IT TIME-BOUND	By when you want to accomplish the goal?



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SMART **GOAL** BLUEPRINT

Initial Goal	What is your goal?
S Specific	Define your goal more clearly.
M Measurable	You should be able to tell if you can reach it.
A Attainable	Is it attainable with your time, budget, and skills?
R Relevant	Why is this goal mean a lot to you?
T Time-Bound	Set a start date and finish date for your goal: Start:_____ Finish:_____
MY SMART GOAL	Write your smart goal based on the answers to the questions above:

