

# My \_\_\_\_\_ Quarter SMART Goal

<b>S- Specific</b>	What <u>specifically</u> do you want to do?
<b>M- Measurable</b>	How will you know when you've accomplished your goal?
<b>A- Attainable</b>	Is this a goal that you can realistically accomplish?
<b>R- Relevant</b>	How will meeting this goal help you?
<b>T- Timely</b>	How long will it take you to meet this goal?