



# MOTIVATION & GROWTH

## SMART GOALS

- S Specific** - Do you know the “what?” “who?” “where?”
- M Measurable** - How can you measure your goal?  
- “How much?” “How many?”  
- What’s the frequency of the behavior?
- A Achievable** - Is it something you can potentially achieve?
- R Relevant** - How will this goal help you in your life now?  
Does the goal fit in your life’s purpose?
- T Time-bound** - What is the time frame to reach this goal?  
- Do you have a due date?

### My SMART Goal

\_\_\_\_\_

\_\_\_\_\_

It is specific because \_\_\_\_\_

I can measure it by \_\_\_\_\_

I have or know the resources I’ll need to achieve it (    ) Yes    (    ) No

I need the following: \_\_\_\_\_

This goal is relevant because when I reach it

I will feel \_\_\_\_\_

I will be \_\_\_\_\_

I will have \_\_\_\_\_

I will complete the goal by \_\_\_/\_\_\_/\_\_\_ (specific due date)