OBJECTIVE: The objective of this exercise is to practice the S.M.A.R.T model in order to take initiatives to transfer your dreams to your goals.

NAME:

DATE:

GOALS

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| INTENTION | SPECIFIC | Measurable | Attainable | Realistic | Timely |
| What is it that you  want to achieve? | Who?  What?  Why?  Where?  When? | How Much?  How often?  How many? | Achievable? | Is it  important to  what you  want to  achieve  ultimately? | When? |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |

Define your smart goals

In the spaces below, develop a statement defining your specific goal, including as many of the elements that you worked on above as possible into the statement. This will include the actions you plan to take to meet this goal, your timeline, and how it will meet the personal goal. Also indicate what types of additional skills and resources are necessary to facilitate this goal

**GOAL 1:**

**GOAL 2:**

**GOAL 3:**