



# GOALS PLANNER



Identify a goal that is specific, measurable, achievable, relevant, and time-bound (SMART). Break it into actionable steps, each with its own deadline.

**S**

## SPECIFIC

*What exactly do you want to achieve?*

**M**

## MEASURABLE

*How will you track your advancement?*

**A**

## ATTAINABLE

*Evaluate the feasibility of your goal.*

**R**

## RELEVANT

*How does it fit into your broader objectives?*

**T**

## TIME-BOUND

*What is the deadline?*