

Setting SMART Goals Template

Directions: Take a few minutes to identify what your dreams are. After identifying your dream, practice making a SMART goal to help you achieve it.

Use these questions to create a dream.

1. If money was not a concern, what would you be doing right now?

2. Why did you decide on this career path?

3. What do you value in your free time?

Create a goal.

- A. Specific- What is it you want to accomplish?

- B. Measurable- How will you determine you met the goal?

- C. Attainable- Is it realistic, challenging yet achievable?

- D. Relevant- Does it align with the questions you answered above?

- E. Time- Give a deadline. Make sure to set milestones within the goal and reevaluate as needed.