

My SMART Goal Sheet



TODAY'S DATE: _____ TARGET DATE: _____ START DATE: _____ DATE ACHIEVED: _____

GOAL: _____

Verify that your goal is **SMART**:

Specific: What exactly will you accomplish?

Measurable: How will you know when you have reached this goal?

Achievable: Is achieving this goal realistic with effort and commitment? Have you the resources to achieve this goal? If not, how will you get them?

Relevant: Why is this goal significant in your life?

Timely: When will this goal be achieved?

Questions? Contact Tim Mousel at tim@edge-trainer.com

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