

S.M.A.R.T. GOALS

My Name: _____

Date Today: _____

My Age: _____

S

SPECIFIC

What are my Goals by the Time I Reach 65 Years Old?

M

MEASURABLE

How will I know when I have achieved my goal?

A

ATTAINABLE

Is the goal realistic and how will I accomplish it?

R

RELEVANT

Why is my goal important to me?

T

TIMELY

What is my deadline for this goal?