

Goal Setting Checklist – SMART Goals

<i>Criteria</i>	<i>Ratings</i>
1. You identify a <u>s</u>pecific goal and write it down	met not met
2. You list the <u>m</u>easurable steps you'll take to reach your goal	met not met
3. Your goal and steps are <u>a</u>ttainable	met not met
4. You create checkpoints to evaluate your <u>r</u>esults	met not met
5. You determine a <u>t</u>ime frame to achieve your goal	met not met