

ENGIN Goal-setting Template (make a copy, do **NOT** fill out this table)

Goal 1	
S  Specific	What goal do you want to accomplish?
M  Measurable	How can you measure progress and know if you've successfully met your goal?
A  Attainable	Is the goal realistic? What are the concrete steps of your plan?
R  Relevant	Why are you setting this goal now? Is it aligned with your overall objectives in learning English?
T  Time-Bound	What's the deadline?
Progress notes	

Goal 2

S

 **Specific**

What goal do you want to accomplish?

M

 **Measurable**

How can you measure progress and know if you've successfully met your goal?

A

 **Attainable**

Is the goal realistic? What are the concrete steps of your plan?

R

 **Relevant**

Why are you setting this goal now? Is it aligned with your overall objectives in learning English?

T

 **Time-Bound**

What's the deadline?

Progress notes

Goal 3

S

 **Specific**

What goal do you want to accomplish?

M

 **Measurable**

How can you measure progress and know if you've successfully met your goal?

A

 **Attainable**

Is the goal realistic? What are the concrete steps of a plan?

R

 **Relevant**

Why are you setting this goal now? Is it aligned with your overall objectives in learning English?

T

 **Time-Bound**

What's the deadline?

Progress notes