

SMART Goals and Action Plans

Specific: Clearly defined.

Measurable: Trackable progress.

Achievable: Realistic and attainable.

Relevant: Aligned with broader goals

Time-bound: Set within a timeframe.

<u>General Goal:</u>	<u>Make it SMART:</u> S: M: A: R: T:
<u>Action Plan:</u>	<u>Potential Obstacles:</u>
<u>Reflection:</u>	