Make SMART Goals

- What do you want?
- Break it down from a long term goal into smaller chunks
- Make a list of things to do to achieve the goal

Is your goal **S**pecific?

Is it **M**easurable?

Is it **A**chievable?

Is it **R**ealistic?

Is it **T**imely?

Goal:

Sub Goal:

Sub Goal:

To Do List:

1.

2.

3.

4.

5.

6.

7.