



# Creating a SMART Goal

**Specific** – what, when, where?

**Measurable** – how much, how often, how long?

**Actionable** – how can you take action on this goal?

**Realistic** – how confident are you that you can accomplish your goal?

**Time-Based** – when will you assess your progress?

My SMART Goal:

I will:

How much/How long:

How often:

When:

My confidence level is \_ that I can implement this action plan.