## S.M.A.R.T. Goal Sheet

Download the document and fill it in. Then, save the file to your computer. You will need to refer to the goal sheet again later.

What is your goal?	
What makes your goal specific?	
How is it measureable?	
How is it <b>attainable</b> ?	
What makes it <b>realistic</b> ?	
How is it time-bound?	