SMART GOALS

HighGear®

INITIAL GOAL:

[ ]

SPECIFIC: Describe your goal. What do you want to accomplish?

CHECK-IN DATE:

S

MEASURABLE: How can you track your progress and success?

M

ATTAINABLE: Is this goal realistic?

A

RELEVANT: Why is this goal worthwhile?

R

TIME-BOUND: When do I want to accomplish this goal by?

T