# Answer the following questions:

**Goal achievement date:**

**Write down your goal in 1-2 sentences:**

(Important: Make sure that your goal is SMART )

**What will you accomplish with your goal? (Specific)**

**How will you measure the progress of your goal? (Measurable)**

**Is your goal attainable and do you have the time and resources to achieve it? (Attainable)**

**How and why is this goal important to you? (Relevant)**

**When will your goal be complete? (Time)**