

Goal Setting Plan

	S – Specific (or Significant).	M – Measurable (or Meaningful).	A – Attainable (or Action-Oriented).	R – Relevant (or Rewarding).	T – Time-bound (or Trackable)
	What do you want to achieve? Who? What? Why? Where?	How will I know I have reached my goal?	How will I do this?	How does it fit with your overall aim?	By When?
#1					
#2					
#3					
#4					
#5					