Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**SMART Goals**

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| --- | --- |
| **STEP 1:**  What is the problem you’re having? |  |
| **STEP 2:**  If your problem was solved, what would be different?  How will you know when your problem is solved? | Physically:  Mentally/Emotionally:  Socially: |
| **STEP 3:**  How will you keep track of this goal? |  |
| **STEP 4:**  How achievable is this goal? Don’t try to build Rome in 1 day! |  |
| **STEP 5:**  How will achieving this goal help you? |  |
| **STEP 6:**  What level of motivation do you have? |  |