

# GOAL PLANNER

You are 41% more likely to reach your goals if they are written. Take a moment to write out elements of your SMART goal and then create one goal statement. Structure your goal to state what your achievement will be. For example, "I will earn my professional certification by October 15<sup>th</sup>."

<b>S</b>	<b>Specific</b>	Exactly what do I want to accomplish?	
<b>M</b>	<b>Measurable</b>	How can I measure my progress toward my goal and when will I know that I have accomplished it?	
<b>A</b>	<b>Attainable</b>	Do I have the tools, resources, and capability to accomplish the goal?	
<b>R</b>	<b>Rewarding</b>	Is the goal worth my time and effort?	
<b>T</b>	<b>Targeted</b>	When will I accomplish this goal?	

<b>My Goal:</b>
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## Examples:

"I will earn my college degree by May 30, 2018 by taking 2 classes each semester."

"I will finish my taxes by Monday, April 15th by dedicating 2 hours each day to working on it for the next 5 days."

"I will lose 10 pounds by July 31st by cutting sugary foods and soft drinks out of my diet and exercising 3 days a week for at least 30 minutes. "