### **Logo  Description automatically generated**

### **Exercise 6: Setting Goals**

My Goal:

**Is my goal SMART?**

**S**pecific:

What:

Who else is involved:

When:

Where:

How:

Why:

**A**chievable:

What skills or resources do I have to accomplish this goal?

What skills or resources do I need to complete this goal?

How can I get those?

**R**elevant: is this goal worthwhile and will it meet my needs? Does it fit into my immediate and long term plans?

**M**easurable:

My target:

How will I know when I have accomplished my goal?

Any other notes for myself:

**T**ime-bound: When do I want to accomplish this goal by?

Month: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, Day: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, Year: 20\_\_\_