



LASSO CENTER

SMART GOALS PLANNER

Identify a goal that is specific, measurable, achievable, relevant, and time-bound (SMART). Break it into actionable steps, each with its own deadline.



Specific

What exactly do you want to achieve?



Measurable

How will you track your advancement?



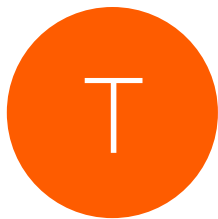
Attainable

Evaluate the feasibility of your goal.



Relevant

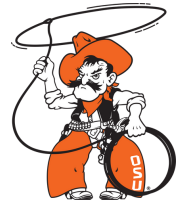
How does it fit into your broader objectives?



Time-bound

What is the deadline?

SETTING SMART GOALS



Goal 1:

Specific — What do I want to accomplish and why?

Measurable — How will I know when I have accomplished it?

Achievable — How can I accomplish this goal?

Relevant — Is this the right time for me to be working towards this goal?

Timebound — When do I want to accomplish this goal by?

Goal 2:

Specific.

Measurable.

Achievable.

Relevant.

Timebound.

Goal 3:

Specific.

Measurable.

Achievable.

Relevant.

Timebound.

Goal 4:

Specific.

Measurable.

Achievable.

Relevant.

Timebound.