

SMART-ER GOAL

Initial Goal	Write your goal here.
Specific	Make your Goal as detailed and clear as possible.
Measurable	Are you able to measure your goal?
Achievable	Are you able to achieve your goal? Keep in mind your skills, available time and resources.
Realistic	Know your personal limitations would help you to work on what you can realistically achieve.
Timely	Schedule a time frame for your goal (start and finish date).
Start Date: _____ Finish Date: _____	
SMART Goal	Now that you have answer the above questions, rewrite your SMART goal here:
Evaluate	Keep this goal in a place where you can see it and review it regularly.
Revise	Go over your goal to decide if any changes or adjustments are needed.

Potential Barriers and Solutions

Potential Barriers	Potential Solutions