

# SMART-ER GOAL

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

## Potential Barriers and Solutions

Potential Barriers	Potential Solutions