

# SMART Goals Worksheet

NAME : \_\_\_\_\_

DATE: \_\_\_\_\_

<b>S</b>	What area do I want to improve? What specific outcome am I aiming for?
<b>M</b>	How will I track my progress? What evidence will show that I've made improvement?
<b>A</b>	What resources or support will I need? What smaller tasks can help me reach this goal?
<b>R</b>	How does this goal align with my personal or academic priorities? Why does it matter to me?
<b>T</b>	What is my deadline to achieve this goal? What checkpoints will I set along the way?

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