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SMART Goal Plan

**Set a SMART goal Where do you start?
When you set a goal you need to be SMART.**

S Say exactly what you are going to do and what you want to achieve? **Who? What? Where? Why?**

M How will you know when you have reached your goal? **Set a date and put a timeframe to it.**

A List the steps that you need to take to reach your goal.

R Choose a goal where there is a real chance you will be successful. **State why you believe it's realistic.**

T What must you do each day to make it happen? **Be realistic and keep the end-by date in mind.**

Now that you have planned out your goal using SMART steps, write your goal as a sentence.

My goal is _____

#GOTGRIT

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