

Doces ✍️

SMARTER

Your template to help you set SMARTER goals.

| <div>S</div> <div>SPECIFIC</div> | <div>M</div> <div>MEASURABLE</div> | <div>A</div> <div>ACHIEVABLE</div> |
|---|---|--|
| <div>QUESTIONS TO CONSIDER</div> <ul style="list-style-type: none"> • What do I want to accomplish? • Why is this goal important? • Who (if anyone) will I need help from to achieve this? | <div>QUESTIONS TO CONSIDER</div> <ul style="list-style-type: none"> • How much? • How many? • How will I know when it is accomplished? | <div>QUESTIONS TO CONSIDER</div> <ul style="list-style-type: none"> • How can I accomplish this goal? • Which resources or limits are involved? • How realistic is the goal based on constraints? |
| <div>WRITE YOUR GOAL HERE</div> | <div>WRITE YOUR UPDATED GOAL HERE</div> | <div>WRITE YOUR UPDATED GOAL HERE</div> |

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| <div>R</div> <div>RELEVANT</div> | <div>T</div> <div>TIME-BOUND</div> | <div>E</div> <div>EVALUATE</div> |
|--|---|--|
| <div>QUESTIONS TO CONSIDER</div> <ul style="list-style-type: none"> • Does this align with my core values? • Is this the right time? • Does this match my other needs? • Is it applicable in the current socio-economic environment? | <div>QUESTIONS TO CONSIDER</div> <ul style="list-style-type: none"> • When? • What can I do 6 months from now in relation to this? • What can I do 6 weeks from now in relation to this? • What can I do today in relation to this? | <div>QUESTIONS TO CONSIDER</div> <ul style="list-style-type: none"> • How often do I need to evaluate my progress with this goal? • What can I use to evaluate my progress objectively? • Who can hold me accountable if I'm off track? |
| <div>WRITE YOUR UPDATED GOAL HERE</div> <div></div> | <div>WRITE YOUR UPDATED GOAL HERE</div> <div></div> | <div>WRITE DOWN YOUR EVALUATION PLAN HERE</div> <div></div> |

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R

REVIEW

Once goal is completed or once date for step "T" has passed.

WHAT DID I DO WELL?

WHAT COULD I DO BETTTER?

Great Job! Now keep setting SMARTER goals!