



4 REASONS

Disability Services

SMART GOALS PLANNER

Choose a goal that is specific, measurable, achievable, relevant, and time-bound (SMART). Then break it into smaller steps with deadlines.

S

Specific

What exactly do you want to achieve?

M

Measurable

How will you keep track that you're getting closer to your goal?

A

Achievable

Do you have what you need to make this goal happen?

R

Relevant

How does this goal help you with your bigger plans?

T

Time-bound

What is the deadline?