**SMARTE GOAL PLANNING**

Name:

Date:

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **INTENTION** | **SPECIFIC** | **MEASURABLE** | **ATTAINABLE** | **RELEVANT** | **TIME BASED** | **EVALUATED** |
| What is it that you wish to achieve? | Does the goal identify Who? What? Why? Where? When? | How much? How often? How many? | Achievable?  | Is it crucial to what you/ the person/parent wish to ultimately achieve?  | When?What is the timeframe? | How will I know progress has been made?What evidence do I have? |
|  |  |  |  |  |  |  |
| **SMARTE GOAL** |  |
|  |  |  |  |  |  |  |
| **SMARTE GOAL** |  |
|  |  |  |  |  |  |  |
| **SMARTE GOAL** |  |
|  |  |  |  |  |  |  |
| **SMARTE GOAL** |  |