**SMARTE GOAL PLANNING**

Name:

Date:

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| **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? |
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