

Appendix A7: SMART Goal Planner

Attribute	Description
Specific	What exactly do I want to achieve?
Measurable	How will I know I've achieved it?
Achievable	Is this realistic? What resources are needed?
Relevant	Why is this goal important to my life or values?
Time-Bound	What's the deadline or target date?

Task / Step	Target date	Completed (Y or N)
1.		
2.		
3.		
4.		
5.		