**SMART goal builder**

|  |  |
| --- | --- |
| **Short-term goal (one sentence):** | |
| **Specific** |  |
| **Measurable** |  |
| **A**chievable |  |
| **R**elevant |  |
| **T**ime-bound |  |

**SMART goal builder**

|  |  |
| --- | --- |
| **Medium-term goal (one sentence):** | |
| **Specific** |  |
| **Measurable** |  |
| **A**chievable |  |
| **R**elevant |  |
| **T**ime-bound |  |

**SMART goal builder**

|  |  |
| --- | --- |
| **Long-term goal (one sentence):** | |
| **Specific** |  |
| **Measurable** |  |
| **A**chievable |  |
| **R**elevant |  |
| **T**ime-bound |  |