

SMART GOAL SETTING TEMPLATE



Specific
The action is clear, detailed, and well-defined.



Measurable
The action has specific criteria for measuring progress and success.



Attainable
The action is realistic and achievable given our skills, resources, and constraints.

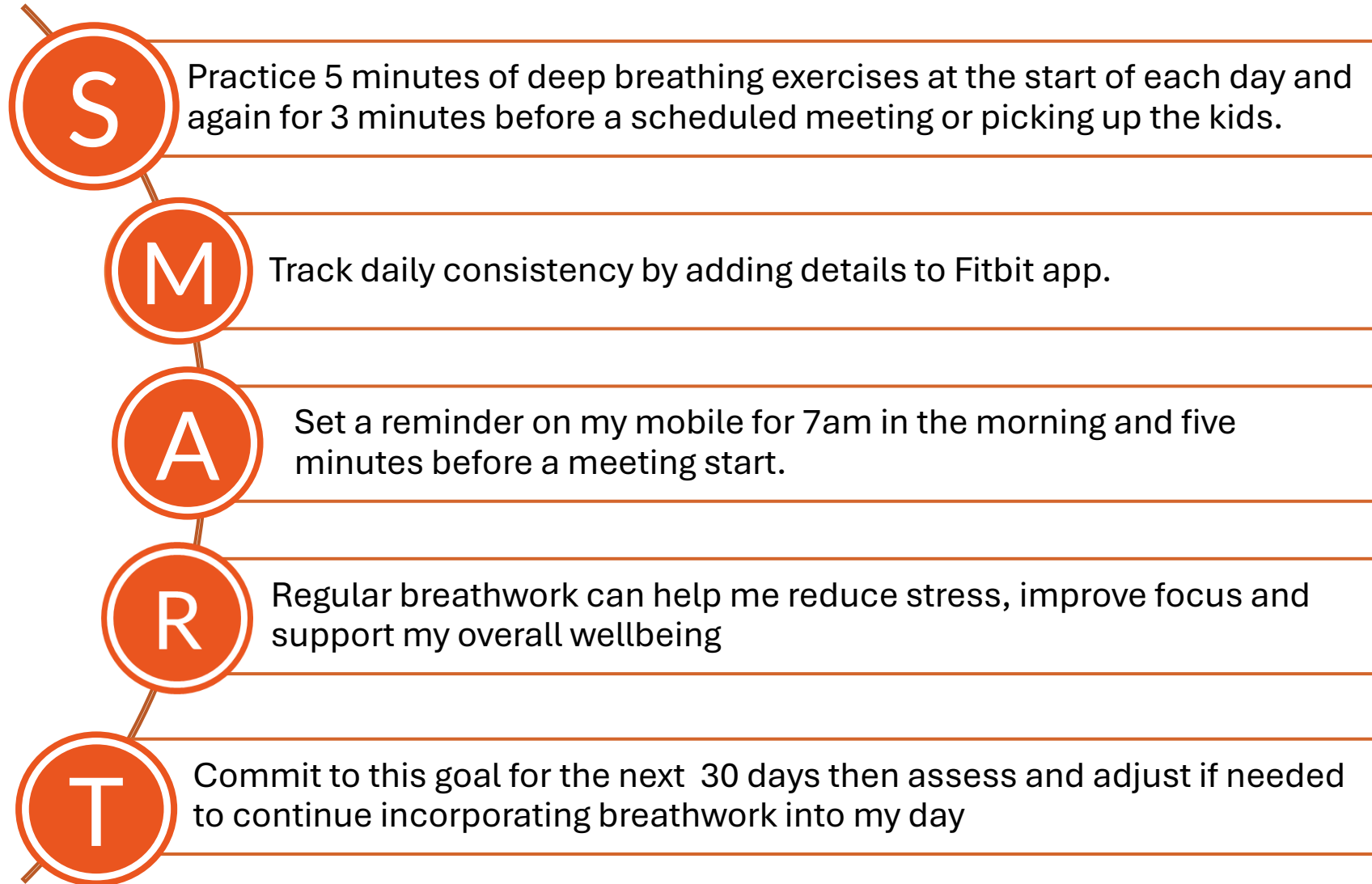


Relevant
The action aligns with our overall objectives, values and priorities. It is relevant to the pillar in question.



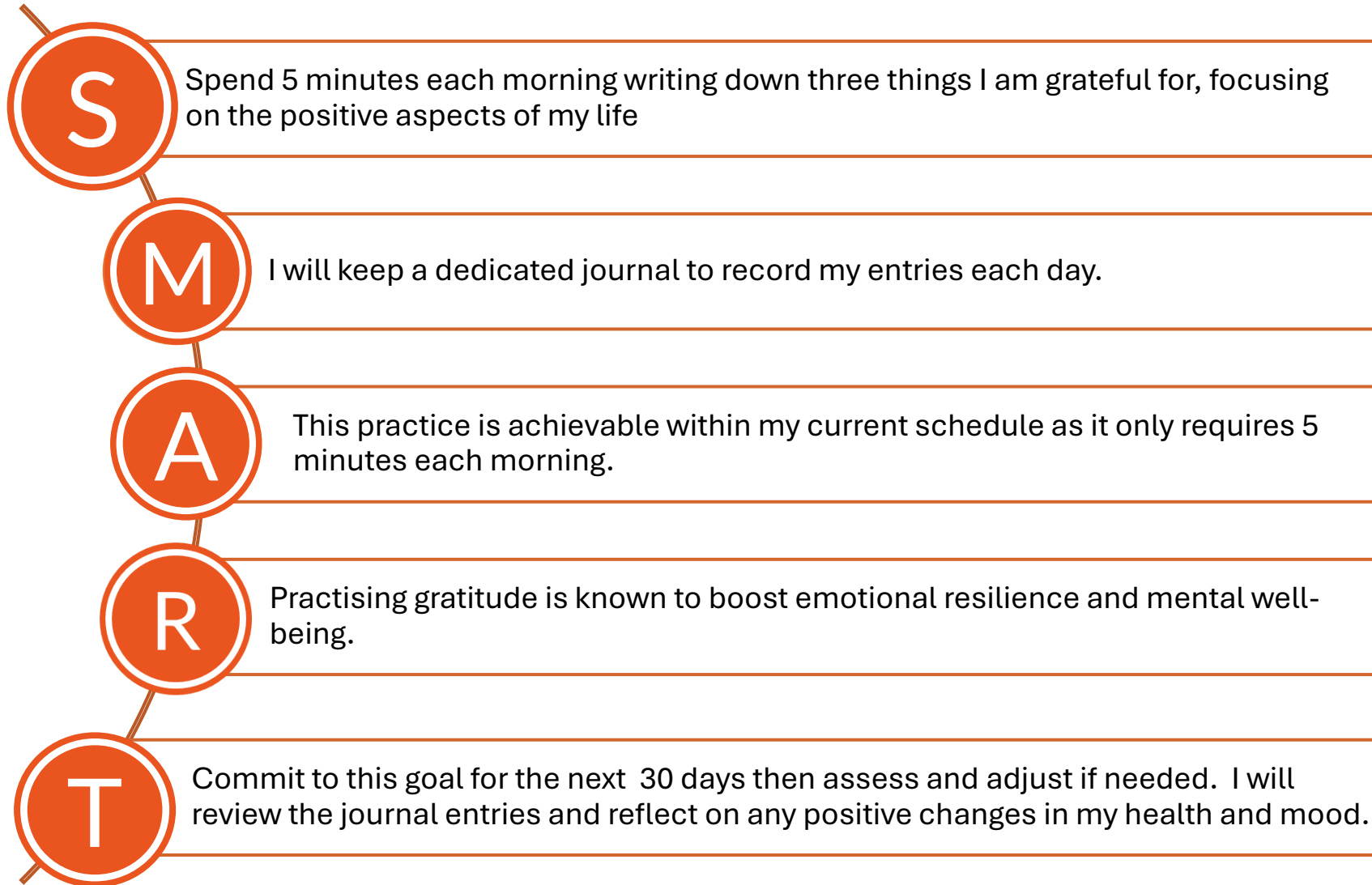
Time-bound
The action has a clear and specific time frame for completion.

SMART goal example for incorporating breath work



Specific, Measurable, Achievable, Relevant, Timebound

SMART goal example for incorporating a mindset activity



Specific, Measurable, Achievable, Relevant, Timebound

My SMART goal

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Specific, Measurable, Achievable, Relevant, Timebound

I Am
Here

My SMART goal

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Specific, Measurable, Achievable, Relevant, Timebound

I Am
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My SMART goal

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Specific, Measurable, Achievable, Relevant, Timebound

I Am
Here