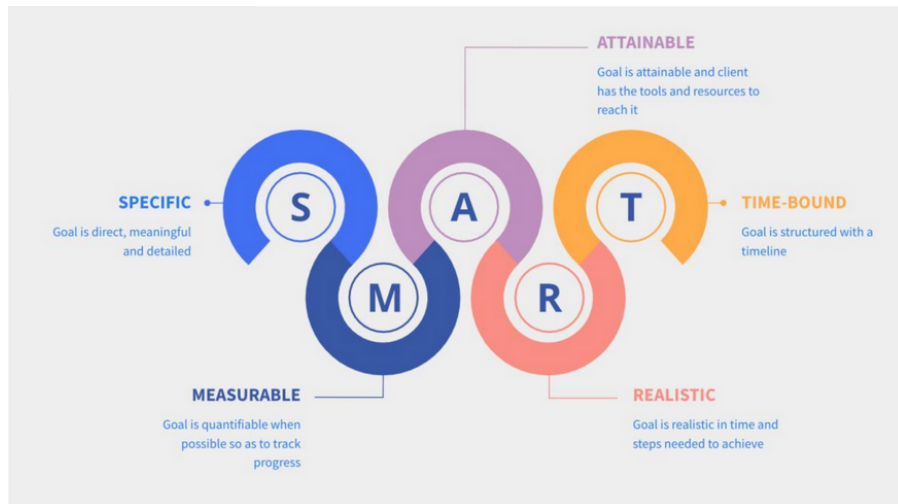


SMART GOALS

"SMART Goals" provide a framework for thinking things through one goal at a time. The acronym S.M.A.R.T is described in the below diagram.

Use the form to define one goal you're working on and then share it with your coach.



What is my specific goal? What, specifically, do I want to accomplish?



How will I measure and track my progress?



Is it possible? How will I do it? What are the necessary steps?



Is this the right time? What tools do I have to help me reach my goal?



How long will it take? When (specifically) will I work on this?