

Basic SMART Goal Template (+ Problems)

		SMART questions	SMART answers
S	Specific	<i>What is the goal? What do I want to accomplish with this goal?</i>	
M	Measurable	<i>How will I know that I've accomplished the goal?</i>	
A	Attainable	<i>Is this goal attainable? What will I need to do to attain it?</i>	
R	Relevant	<i>Is this goal relevant to my life and/or career? How is it relevant to my life and/or career?</i>	
T	Time - bound	<i>What is my deadline to accomplish the goal?</i>	

Track the time you spend working on your SMART goals with [Clockify.me](https://clockify.me)

Cheat sheet for solving problems

What problems may I encounter on the road to reaching my goals?

What are the easiest ways to solve these problems?

What are the resources I can use to solve the listed problems?

Who are the people I can ask for help if I encounter these problems?

What inspirational words can I turn to when problems become too difficult?