# Simple SMART Goal Template

**MY GOAL IS TO...**

**I WANT IT BECAUSE...**

**I KNOW I CAN ACHIEVE IT BECAUSE...**

**THE TIME I HAVE TO ACHIEVE THE GOAL IS...**

**THE FIRST STEP I HAVE TO MAKE TOWARD MY GOAL IS...**

**I'LL MAKE MY FIRST STEP TOWARD THE GOAL ON (DAY AND DATE)...**