Research Question:

Overarching goal:

Now, let’s make it SMART!

|  |  |
| --- | --- |
| Specific |  |
| Measurable |  |
| Achievable |  |
| Relevant |  |
| Time-bound |  |

Try this SMART Goal Mad Lib structure to create your own draft of a SMART Goal!

To achieve [relevant goal] , I will [verb] [specific thing to do] , for/with [who] by [thing I will give up] , as measured by [metric] . To do this, I need [resources needed for achievability] .

One thing I will do / give up to achieve my goal is:

When executing my goal, I will pay attention to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ when I do \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.