S M A R T G O A L S W O R K S H E E T

Specific: In what ways do I hope to grow through this practice?	
Measurable: How will I track my growth?	
Achievable: Is this growth attainable given my current situation?	
Nonevable. Is this growth attainable given my carrent situation:	
Relevant: Does this growth align with my broader life goals?	
Time Dound Over what period do Leypoot to acc this growth?	
Time-Bound: Over what period do I expect to see this growth?	