

S.M.A.R.T. A.R.C. GOALS

Small > **M**easurable > **A**chievable > **R**elevant > **T**ime Bound
Accountability > **R**eminders > **C**onsequences

I WILL _____
GOAL

BY: _____
DATE/TIME

SMALL

MEASURABLE

ACHIEVABLE

RELEVANT

TIME BOUND

ACCOUNTABILITY PARTNER: _____

REMINDERS SET

CONSEQUENCE: _____

RAISE THE STAKES