

# S.M.A.R.T. DANCE GOALS

USE THIS WORKSHEET TO PLAN REALISTIC AND ACHIEVABLE GOALS FOR DANCE

**My goal:**

**SPECIFIC**

What do I want?

**MEASUREABLE**

How will I know when I have achieved my goal?

**ATTAINABLE**

Is the goal realistic and how will I accomplish it?

**RELEVANT**

Why is my goal important to me?

**TIMELY**

What is my deadline for this goal?