



**Launceston
Grammar**

EST. 1846

Boards Name: _____



Your Goal



Specific

Write your goal here.



Measurable

How do you measure it?



Attainable

What steps do I need to take to attain the goal?



Relevant

Is this relevant to my long-term objectives, is this the right time?



Time - bound

What time frame do you have for this goal?