

SMART GOALS

WHEN SETTING GOALS, MAKE SURE THEY FOLLOW THE SMART STRUCTURE. USE THE QUESTIONS BELOW TO CREATE YOUR GOALS.

S	SPECIFIC TARGET A SPECIFIC GOAL TO ACCOMPLISH.	
M	MEASURABLE HOW WILL I KNOW WHEN IT IS ACCOMPLISHED?	
A	ATTAINABLE SET REALISTIC GOALS THAT ARE CHALLENGING BUT ACHIEVABLE.	
R	RELEVANT DOES THIS SEEM WORTHWHILE?	
T	TIME BOUND SPECIFY A DEADLINE OF WHEN THE RESULT(S) WILL BE ACHIEVED.	