

SMART GOALS

S PECIFIC What do you want to accomplish?	
M EASURABLE How and when will you measure your progress and achievements?	
A TTAINABLE How can you achieve this goal with the time allocated?	
R ELEVANT How is this goal relevant to your life right now? Is it something that you chose to pursue for yourself?	
T IME-BASED What is the deadline on this goal? When will you have achieved it?	