SMART

GOALS

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

S	**SPECIFIC** WHAT DO I WANT TO ACCOMPLISH?	
M	**MEASURABLE** HOW WILL I KNOW WHEN IT IS ACCOMPLISHED?	
A	**ACHIEVABLE** HOW CAN THE GOAL BE ACCOMPLISHED?	
R	**RELEVANT** DOES THIS SEEM WORTHWHILE?	
T	**TIME BOUND** WHEN CAN I ACCOMPLISH THIS GOAL?	