



SMART

goals.

WHEN SETTING A GOAL, 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?	

