

SMART GOALS

USE THE QUESTIONS BELOW TO ENSURE YOUR GOALS ARE SMART.

S	<u>SPECIFIC</u> IN DETAIL, WHAT DO I WANT TO ACCOMPLISH?	
M	<u>MEASURABLE</u> HOW WILL I KNOW WHEN IT IS ACCOMPLISHED?	
A	<u>ACHIEVABLE</u> HOW CAN THE GOAL BE ACCOMPLISHED?	
R	<u>RELEVANT</u> DOES THIS SEEM WORTHWHILE? DOES IT ALIGN WITH MY VALUES?	
T	<u>TIME BOUND</u> WHEN CAN I ACCOMPLISH THIS GOAL? IS THE TIME REALISTIC?	