

SMART GOALS

- S** = specific: concrete, tangible steps and goals
- M** = measurable: how you'll know you've completed this goal, a tangible result
- A** = achievable: something you are capable of doing
- R** = realistic: something you can do given everything else going on in your life
- T** = time-limited: by when you'll complete this goal or step

Some examples are:

1. I will lose 20 lbs. by February 1.
2. I will have a minimum of 5 new paying clients by August 31.
3. I will create a first draft of my brochure by October 15.
4. On a scale from 1 to 10, my relationship will improve from a 4 to an 8 by the end of this year.
5. The condition of my house will go from a 3 to a 7 by 2 months from today.

These are not SMART goals:

1. I want to be healthier.
2. I want to be a millionaire.
3. Work on marketing.

Write 3 SMART Goals.

1. _____

2. _____

3. _____
