

SMART GOALS

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

S	<p><u>SPECIFIC</u></p> <p>WHAT DO I WANT TO ACCOMPLISH? BE CLEAR & SPECIFIC. CLARITY IS POWER!</p>	
M	<p><u>MEASURABLE</u></p> <p>YOU NEED TO BE ABLE TO TRACK YOUR PROGRESS. WHAT GETS MEASURED GETS DONE!</p>	
A	<p><u>ACHIEVABLE</u></p> <p>SET CHALLENGING REALISTIC GOALS THAT YOU CAN REASONABLY ACCOMPLISH WITHIN YOUR TIMEFRAME.</p>	
R	<p><u>RELEVANT</u></p> <p>YOUR GOALS SHOULD ALIGN WITH YOUR VALUES & LONG-TERM OBJECTIVES. MAKE THE GOALS REALISTIC!</p>	
T	<p><u>TIME BOUND</u></p> <p>SET A REALISTIC & AMBITIOUS DEADLINE FOR TASK PRIORITIZATION & MOTIVATION.</p>	