

# TIPS FOR SETTING SMART GOALS



USE THESE PROMPTS TO HELP YOU WITH  
SETTING CLEAR & ATTAINABLE GOALS

S	<u>SPECIFIC</u> WHAT EXACTLY DO I WANT TO ACCOMPLISH?	
M	<u>MEASURABLE</u> HOW CAN I MEASURE SUCCESS WITH THIS GOAL?	
A	<u>ACHIEVABLE</u> DO I HAVE THE TOOLS TO ACCOMPLISH THIS GOAL?	
R	<u>RELEVANT</u> IS THIS GOAL TRULY WORTHWHILE?	
T	<u>TIME BOUND</u> HOW MUCH TIME DO I NEED TO ACCOMPLISH THIS GOAL?	