



SMART Goals

What do I want to be different in my life?	
S pecific	What exactly is the goal – what is the change, be as specific as possible.
M easurable	How will you know if you have met the goal, how can you measure it?
A chievable	Is this a realistic goal? Should it be broken down further or challenge you further?
R elevant	Does this goal relate to what you are aiming for overall, will it get you in that direction?
T ime bound	What is the deadline for this goal and do you have any 'check points' along the way?