

SMART GOALS

SETTING REALISTIC AND ACHIEVABLE OUTCOMES.

My goal is:

S
Specific

**WHAT DO I WANT TO
HAPPEN?**

M
Measureable

**HOW WILL I KNOW WHEN I
HAVE ACHIEVED MY GOAL?**

A
Attainable

**IS THE GOAL REALISTIC AND
HOW WILL I ACCOMPLISH IT?**

R
Relevant

**WHY IS MY GOAL
IMPORTANT TO ME?**

T
Timely

**WHAT IS MY DEADLINE
FOR THIS GOAL?**