

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?
What action steps do I need to take?

R
RELEVANT

Why is my goal important to me?

T
TIMELY

What is my deadline for this goal?