SMART

GOALS

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

S	SPECIFIC WHAT DO I WANT TO ACCOMPLISH?	
M	MEASURABLE HOW WILL I KNOW WHEN IT IS ACCOMPLISHED?	
A	ACHIEVABLE HOW CAN THE GOAL BE ACCOMPLISHED?	
R	RELEVANT DOES THIS SEEM WORTHWHILE?	
Т	TIME BOUND WHEN CAN I ACCOMPLISH THIS GOAL?	