

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?

T

TIME BOUND

WHEN CAN I
ACCOMPLISH THIS
GOAL?