

SMART Goals



S

SPECIFIC

What is to be accomplished, when will it be accomplished, and what steps will it take to meet your goal?



M

MEASURABLE

A goal should be something that can be tracked. This allows you to assess whether it is progressing.



A

ATTAINABLE

Your goal should be something you can realistically accomplish within the given time frame.



R

RELEVANT

Ask yourself why you are setting this goal and if it benefits you now or will in the future.



T

TIMELY

A goal should have a start point and an end point. Checkpoints throughout are also beneficial.