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?