



SMART goals

Why set goals?

- ✔ take control of your life and the decisions you make
- ✔ feel great when you accomplish something important to you
- ✔ hold yourself accountable for what you want to achieve

Answer the “SMART” questions below to create structure for your goal.

S

Specific

What do I want to accomplish?



M

Measurable

How will I track my progress? How will I know when the goal is accomplished?



A

Achievable

Is this goal feasible for me? What realistic, actionable steps do I need to take?



R

Relevant

Is this goal worthwhile? How does it align with my long term objectives, morals, etc.?



T

Time-bound

When am I going to work on this goal? What is a realistic deadline for accomplishing it?

