SMART GOALS

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

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