

SETTING SMART GOALS

Definitions:

Specific – What do I want to accomplish and why?

Measurable – How will I know when I have accomplished it?

Achievable – How can I accomplish this goal?

Relevant – Is this the right time for me to be working towards this goal?

Timebound – What is my deadline for this goal?

Goal 1:

Specific –

Measurable –

Achievable –

Relevant –

Timebound –

Goal 2:

Specific –

Measurable –

Achievable –

Relevant –

Timebound –

Goal 3:

Specific –

Measurable –

Achievable –

Relevant –

Timebound –

Goal 4:

Specific –

Measurable –

Achievable –

Relevant –

Timebound –

Goal 5:

Specific –

Measurable –

Achievable –

Relevant –

Timebound –