

SMART GOALS

MY GOAL IS:		
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 ASSURED WHEN CAN I ACCOMPLISH THIS GOAL?	