



# Smart Goal Setting!

SMART

## **SPECIFIC:**

What exactly do I want to accomplish?

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## **MEASURABLE:**

How will I know I am making progress?

How will I know when I have accomplished my goal?

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## **ATTAINABLE:**

Do I really believe I can accomplish my goal?

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## **RELEVANT:**

Is this something that is really important to me?

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## **TIME-BOUND:**

When do I think I can reach my goal?

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