

# SMART Goal Setting

S

## SPECIFIC:

- What do I want to accomplish?
- Why is this your goal?

M

## MEASURABLE:

- How will I know when it is accomplished?
- How do you plan on tracking your progress?

A

## ACHIEVABLE:

- How can the goal be accomplished?
- Is this goal realistic?
- What is the motivation for this goal?

R

## RELEVANT:

- Does this seem worthwhile?
- Why are you setting this goal now?
- Is this the right time for you to be working towards this goal?

T

## TIME-BOUND:

- When can I accomplish this goal?
- How long will it take to achieve this goal?
- What is the deadline?
- Is the deadline realistic?

# Set Your Goal

Goal #1:

**S**

**SPECIFIC:**

**M**

**MEASURABLE:**

**A**

**ACHIEVABLE:**

**R**

**REVELVANT:**

**T**

**TIME-BOUND:**

# Set Your Goal

Goal #2:

**S**

**SPECIFIC:**

**M**

**MEASURABLE:**

**A**

**ACHIEVABLE:**

**R**

**REVELVANT:**

**T**

**TIME-BOUND:**

# Set Your Goal

Goal #3:

**S**

**SPECIFIC:**

**M**

**MEASURABLE:**

**A**

**ACHIEVABLE:**

**R**

**REVELVANT:**

**T**

**TIME-BOUND:**

# Set Your Goal

Goal #4:

**S**

**SPECIFIC:**

**M**

**MEASURABLE:**

**A**

**ACHIEVABLE:**

**R**

**REVELVANT:**

**T**

**TIME-BOUND:**