SMART goals

Why set goals?
- take control of your life and the decisions you make
- feel great when you accomplish something important to you
- hold yourself accountable for what you want to achieve

Answer the “SMART” questions below to create structure for your goal.

**S** Specific
What do I want to accomplish?

**M** Measurable
How will I track my progress? How will I know when the goal is accomplished?

**A** Achievable
Is this goal feasible for me? What realistic, actionable steps do I need to take?

**R** Relevant
Is this goal worthwhile? How does it align with my long term objectives, morals, etc.?

**T** Time-bound
When am I going to work on this goal? What is a realistic deadline for accomplishing it?