

SMART GOALS

WHEN SETTING GOALS, MAKE SURE IT FOLLOWS THE SMART STRUCTURE. USE THE QUESTIONS BELOW TO CREATE YOUR GOALS.

<i>S</i>	<p><u>SPECIFIC</u></p> <p>WHAT DO I WANT TO ACCOMPLISH?</p>	
<i>M</i>	<p><u>MEASURABLE</u></p> <p>HOW WILL I KNOW WHEN IT IS ACCOMPLISHED?</p>	
<i>A</i>	<p><u>ACHIEVABLE</u></p> <p>HOW CAN THE GOAL BE ACCOMPLISHED?</p>	
<i>R</i>	<p><u>RELEVANT</u></p> <p>DOES THIS GOAL SEEM WORTHWHILE?</p>	
<i>T</i>	<p><u>TIMELY</u></p> <p>WHEN CAN I ACCOMPLISH THIS GOAL?</p>	

