

S.M.A.R.T GOALS



Specific

What do you want to accomplish?
Why do you want to accomplish this?
Who is involved?
Where is it located?
Which resources or limits are involved?

WRITE HERE:



Measurable

How Much?
How Many?
How will you know when your goal is accomplished?

WRITE HERE:



Achievable

How will you accomplish this goal?
How realistic is this goal?
What would be the biggest problem with achieving this goal?

WRITE HERE:



Relevant

Does accomplishing this goal seem worth the effort?
Is now the right time for this goal?
Am I the right person to achieve this goal?
What will be the costs and rewards to your life?

WRITE HERE:



Time-Bound

How far will you have reached your goal by tomorrow?
Where will you be 1 month from now?
Where will you be 6 months from now?
Where will you be 1 year from now?
When should your goal be accomplished?

WRITE HERE: