

# SMART GOALS

Setting realistic and achievable outcomes.

My goal is:

**S**  
SPECIFIC

What do I want to happen?

**M**  
MEASUREABLE

How will I know when I have achieved my goal?

**A**  
ATTAINABLE

Is the goal realistic and how will I accomplish it?

**R**  
RELEVANT

Why is my goal important to me?

**T**  
TIMELY

What is my deadline for this goal?