SMART GOALS

Setting realistic and achievable outcomes.

| My goal is: | | |
|-------------|---|--|
| SPECIFIC | What do I want to happen? | |
| MEASUREABLE | How will I know when I have achieved my goal? | |
| ATTAINABLE | Is the goal realistic and how will I accomplish it? | |
| RELEVANT | Why is my goal important to me? | |
| TIMELY | What is my deadline for this goal? | |