



SETTING S.M.A.R.T GOALS

Goal 1:

Specific – What do I want to accomplish and why?

Measurable – How will I know when I have accomplished it?

Achievable – How can I accomplish this goal?

Relevant – Is this the right time for me to be working towards this goal?

Timebound – When do I want to accomplish this goal by?

Goal 2:

Specific.

Measurable.

Achievable.

Relevant.

Timebound.

Goal 3:

Specific.

Measurable.

Achievable.

Relevant.

Timebound.

Goal 4:

Specific.

Measurable.

Achievable.

Relevant.

Timebound.