

# S.M.A.R.T. GOALS

When setting goals, make sure it follows the S.M.A.R.T structure. Create your own goals using the questions below:



**Specific:** What do I want to accomplish?



**Measurable:** How will I know when it is accomplished?



**Attainable:** How can the goal be accomplished?



**Relevant:** Does this seem worthwhile?



**Time-bound:** When can I accomplish this goal?