

# SMART GOALS

Setting realistic and achievable outcomes.

**S**

**SPECIFIC**

What do I want to happen?

**M**

**MEASUREABLE**

How will I know when I have achieved my goal?  
How will I track my progress?

**A**

**ACHIEVABLE**

Is the goal realistic and what steps will I take to accomplish it?

**R**

**RELEVANT**

Why is my goal important to me?

**T**

**TIMELY**

When can I achieve this by?

My goal is: