

SMART GOAL SETTING

Achieving Your Dreams - One Goal At A Time

S

SPECIFIC

Clearly define your goal - Be specific. What do you want to achieve?

M

MEASURABLE

How will you measure progress & determine when goal has been achieved?

A

ACHIEVABLE

How realistic is this goal? What do you need to achieve this goal?

R

RELEVANT

How & why is this goal relevant to you? Does it serve your purpose?

T

TIMELY

What is a realistic timeline to achieve this goal? When will you start?

Refelctions? Milestone Celebrations?

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