

SMART GOALS

WHEN SETTING GOALS, MAKE SURE IT FOLLOWS THE SMART STRUCTURE. USE THE QUESTIONS BELOW TO CREATE YOUR GOALS.

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| S | <p><u>SPECIFIC</u></p> <p>WHAT DO I WANT TO ACCOMPLISH?</p> | |
| M | <p><u>MEASURABLE</u></p> <p>HOW WILL I KNOW WHEN IT IS ACCOMPLISHED?</p> | |
| A | <p><u>ACHIEVABLE</u></p> <p>HOW CAN THE GOAL BE ACCOMPLISHED?</p> | |
| R | <p><u>RELEVANT</u></p> <p>DOES THIS SEEM WORTHWHILE?</p> | |
| T | <p><u>TIME BOUND</u></p> <p>WHEN CAN I ACCOMPLISH THIS GOAL?</p> | |

