

SMART GOALS

OVERARCHING GOAL: I aim to...

S

SPECIFIC

What small step can you take to inch toward your goal?

M

MEASURABLE

How will you track your progress?

A

ATTAINABLE

Is this realistic and achievable?

R

RELEVANT

How is this goal relevant to what you want to achieve?

T

TIMELY

What is a fair time frame to achieve this goal?