SMART
GOALSETTING

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

S	**SPECIFIC** WHAT DO I WANT TO ACCOMPLISH?	
M	**MEASURABLE** HOW WILL I KNOW WHEN IT IS ACCOMPLISHED?	
A	**ACHIEVABLE** HOW CAN THE GOAL BE ACCOMPLISHED? (Break it down into small goals)	
R	**RELEVANT** DOES THIS SEEM WORTHWHILE?	
T	**TIME LIMIT** WHEN WILL I ACCOMPLISH THIS GOAL?	

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