

SMART GOALS

USING THE “SMART” STRUCTURE IS A GREAT WAY TO SET YOURSELF UP FOR SUCCESS AS YOU IDENTIFY AND WORK TOWARDS YOUR DESIRED GOALS. BE SURE TO CHECK-IN WITH YOURSELF AND YOUR GOALS ONGOINGLY. IT IS OKAY TO ADAPT YOUR GOALS AND TO MAKE CHANGES AT ANY POINT IN TIME.

USE THE BELOW QUESTION PROMPTS FOR EXTRA GUIDANCE!

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? HOW WILL I MEASURE WHAT I'M ACCOMPLISHING?</p>	
A	<p><u>ACHIEVABLE</u></p> <p>HOW CAN THE GOAL BE ACCOMPLISHED?</p>	
R	<p><u>REALISTIC/ RELEVANT</u></p> <p>DOES THIS SEEM WORTHWHILE FOR ME? DOES IT ALIGN WITH MY INTERESTS AND VALUES?</p>	
T	<p><u>TIMELY</u></p> <p>WHEN CAN I ACCOMPLISH THIS GOAL?</p>	