

MY GOAL

Crafting SMART Goals are designed to help you identify if what you want to achieve is realistic and determine a deadline. When writing SMART Goals use concise language, but include relevant information. These are designed to help you succeed, so be positive when answering the questions.

SPECIFIC Give details. What do I want to accomplish? Who needs to be included?

MEASURABLE How can I measure progress and know if I've successfully met this goal? How am I now and how will I be different?

ACHIEVABLE What is the motivation for this goal? Is the amount of effort required on par with what the goal will achieve?

RELEVANT Why am I setting this goal now? Is it aligned with my overall objectives? Does it positively influence my life? Will focus on this goal prevent me from doing something else that is more important to me?

TIME-BOUND What is the target date? How much time will it take to reach this goal?