

# S.M.A.R.T. GOALS

*When setting goals, make sure it follows the SMART structure.  
Use the questions below to create your goals.*

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