



# S.M.A.R.T Goals

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

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

