

SMART Goals

S

SMART

Details of goal, what are you wanting to achieve?
What do you want to do?

M

MEASUREABLE

How will progress be tracked?
How will you know you are meeting the goal?

A

ACTIONABLE

What actions are you going to take to meet the goal?

R

REALISTIC

Are you realistically going to achieve the goal?
Is it relevant to your overall success?

T

TIMEBOUND

When do you want this goal completed by?