

# What is a **SMART** Goal?

**Specific**  
**Measurable**  
**Achievable**  
**Relevant**  
**Timely**



## Some Action Steps to Help You Along the Way

- Write down your goals and read them when you wake up and before you go to bed.
- Create a vision board to store and review your goals.
- Visualize your future self accomplishing your goals.
- Journal your positive experiences on your goal timeline.
- Stay focused on YOUR goals, don't compare to others.

# SMART GOALS

WHEN SETTING GOALS, MAKE SURE IT FOLLOWS THE SMART STRUCTURE. USE THE QUESTIONS BELOW TO CREATE YOUR GOALS.

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

