

SMART GOALS



S

SPECIFIC

Define your goals in detail.

Tip: answer "W" questions (who, where, when, what, which)



M

MEASUREABLE

It means you can measure your goal and know when you have achieved it.

Tip: answer "how much" or "how many" questions



A

ACHIEVABLE

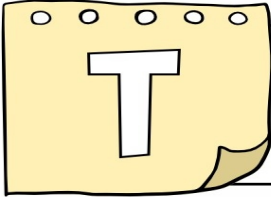
It means you are setting goals that you can accomplish.



R

RELEVANT

It means your goal makes sense, it is worth your effort, it benefits you and meets your needs.



T

TIME-BOUND

It means there is a time frame for your goal. Tip: answer "when" questions (one week, every week...)