

S.M.A.R.T GOALS

Directions: Create a SMART goal you would like to accomplish this year. Then, check in with your progress, keeping in mind the "Measurable" aspect of your goal.

S

Specific

Define your goal in as much detail as possible. Think about who, what, where, and when.

M

Measurable

Track the outcome and your progress.

A

Action

What will you do to achieve your goal?

R

Realistic

Is your goal achievable?

T

Time-Oriented

How long will it take to complete?