

# SMART Goals

**S**pecific

Know exactly what you are wanting to accomplish.

**M**easurable

How will you know you met your goal?

**A**chievable

Make sure your goal is not too far to reach, but far enough to be challenging.

**R**elevant

Link the goal to something important to you; something that inspires you.

**T**imely

When do you want your goal to be met?