

TRACKING MY GOAL

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?

Goalpost Check In: What steps have you taken toward your goal? What else is there left to do? How much longer do you believe it will take to achieve your goal?