

# SMART GOALS

When setting goals, make sure it follows the SMART structure. Use the questions below to create your goals.

<b>S</b>	<u>SPECIFIC</u> What do I want to accomplish?	
<b>M</b>	<u>MEASURABLE</u> How will I know when it is accomplished?	
<b>A</b>	<u>ACHIEVABLE</u> How can the goal be accomplished?	
<b>R</b>	<u>RELEVANT</u> Does this seem worthwhile?	
<b>T</b>	<u>TIME BOUND</u> When can I accomplish this goal?	