

Create SMART Goals

Setting **Specific, Measurable, Attainable, Relevant,** and **Timely** goals are a way to create achievable and measurable goals.

Work through your S.M.A.R.T goal by filling in the boxes below:

S

Describe your specific goal.

M

How are you going to track your progress?

A

What do you need to accomplish to achieve your goal?

R

Why is this goal important?

T

When do you want to reach this goal?