

SMART GOAL SETTING

Goal <ul style="list-style-type: none">Describe what you want to accomplish.	
Specific <ul style="list-style-type: none">Get Specific!What do you want to accomplish?Why are you working on this?What are actions needed to help achieve this?Who needs to participate in this with you?	
Measurable <ul style="list-style-type: none">Define how this goal will be measured.Is this something that you need to improve/increase? If so, by how much?How will you know when your goal has been met?What is the marker of success here?	
Achievable <ul style="list-style-type: none">Is your goal achievable?Do you have access to the resources I need to accomplish this goal?Is this goal realistic when you consider time and financial limitations?	
Relevant <ul style="list-style-type: none">Define how this goal is relevant to you.Is this the right time to focus on this goal? Does this goal match your long-term goals/needs?	
Time-Bound <ul style="list-style-type: none">Goals need a deadline to hold you accountable.When should this goal be completed by?What can you do today to work towards success? In the next 6 weeks? The next 6 months?	