



# SET YOUR S.M.A.R.T GOAL

**S**

**SPECIFIC** WHAT DO YOU WANT TO ACCOMPLISH? WHO NEEDS TO BE INCLUDED? WHEN DO YOU WANT TO DO THIS? WHY IS THIS A GOAL?



**M**

**MEASURABLE** HOW CAN YOU MEASURE PROGRESS AND KNOW IF YOU HAE SUCCESSFULLY MET YOUR GOAL?



**A**

**ACHIEVABLE** DO YOU HAVE THE SKILLS TO MEET THIS GOAL? WHAT IS THE MOTIVATION FOR ? IS THE GOAL MORE WORK THAN THE RESULT?



**R**

**RELEVANT** WHY AM I SETTING THIS GOAL NOW? IS IT ALIGNED WITH OVERALL OBJECTIVES?



**T**

**TIME-BASED** WHATS THE DEADLINE? AND IS IT REALISTIC?

