

# SMART GOALS

**S**

## **SPECIFIC**

State exactly what you want to accomplish.

**M**

## **MEASURABLE**

Use smaller, mini-goals to measure progress.

**A**

## **ACHIEVABLE**

Make your goal reasonable.

**R**

## **REALISTIC**

Set a goal that is relevant to your life.

**T**

## **TIMELY**

Give yourself time, but set a deadline.