

SMART Goals



S

Specific:

The goal must be very specific and grounded in something that's significant to you.



M

Measurable:

The goal must have some sort of measurement (days, pounds, miles, etc.).



A

Achievable:

The goal must be realistic and reasonable.



R

Relevant:

The goal must relate to what you're hoping to accomplish.



T

Time-bound:

The goal must have a timeframe and that timeframe must be reasonable.