

SMART GOALS

S

SPECIFIC

What do you want to do?
Example: If you want more money. Specific goal is Making \$50k more a year.

M

MEASURABLE

How will you track your progress?
Example : For a 20 lbs weight loss, every 1 lbs loss is tracked so you can see progress

A

ACHIEVABLE

How will you do it?
It should be attainable. This will help you figure the steps and resources you need

R

RELEVANT

Is this relevant and realistic to your life right now? Why it is important to you so that you will commit to achieving it?

T

TIMELY

When do you want to do it?
How long will it take you. Create a timeline, that is realistic and not too short.

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