

S.M.A.R.T. GOALS DEFINED



- **Specific** *(What, exactly, in detail, do you want to achieve?)*



- **Measurable** *(How will you know when you've reached your goal? Quantify it!)*



- **Actionable** *(What resources are needed - do you have them...including time?)*



- **Realistic** *(What's the outcome - the change - you're expecting?)*



- **Timed** *(Break it into steps. When will each step be completed?)*
