



S

Specific



Clearly defined and detailed—you know exactly what you want to achieve!

M

Measurable



You can track your progress and see how close you are to reaching your goal

A

Attainable



Your goal is possible to reach with effort and a plan

R

Relevant
and
Realistic

Your goals align with your larger goals, helping you take the first step

T

Time-based



You can see this goal being achievable in the near future