



S	M	A	R	T
Specific 	Measurable 	Attainable 	Relevant and Realistic	Time-based 
Clearly defined and detailed—you know exactly what you want to achieve!	You can track your progress and see how close you are to reaching your goal	Your goal is possible to reach with effort and a plan	Your goals align with your larger goals, helping you take the first step	You can see this goal being achievable in the near future