

SMART GOALS

Use the SMART acronym when creating goals in order to set yourself up for success. Remember life happens, and if you are not able to reach a goal as originally planned, be need to be kind to yourself. Talk to yourself as a loving friend would. We can always get back on track, tomorrow, and our mindset can support us through this process.

S	<p><u>SPECIFIC</u></p> <p>What is your goal? How can you achieve this goal, in small steps.</p>	
M	<p><u>MEASURABLE</u></p> <p>How will you know it has been achieved? What data will be used to measure results?</p>	
A	<p><u>ACHIEVABLE</u></p> <p>Is this a realistic goal? Do you have the skills and resources?</p>	
R	<p><u>RELEVANT</u></p> <p>Is this something you value? Why is it important to you?</p>	
T	<p><u>TIMELY</u></p> <p>What is the time frame required? When is the due date?</p>	