

# MAKE **S.M.A.R.T.** GOALS

SPECIFIC  
MEASURABLE  
ACHIEVABLE  
RELEVANT  
TIMELY

**S** What do you want to accomplish?

---

---

**M** How will you know when you have accomplished this goal?

---

---

**A** How can the goal be accomplished?

---

---

**R** Why is this goal worth working hard to accomplish?

---

---

**T** When will this goal be accomplished? \_\_\_\_\_

