

SMART Goal

<p>Date Set:</p>	
<p>Specific: <i>Who?</i> <i>What?</i> <i>When?</i> <i>Where?</i> <i>Why?</i></p>	
<p>Measurable <i>How will I know if I have succeeded?</i> <i>How much change needs to occur?</i> <i>How many accomplishments will I need to take?</i></p>	
<p>Attainable: <i>Do I have or can I get the resources needed to achieve the goal?</i> <i>Is the goal a reasonable stretch for me?</i> <i>Are the goals likely to bring success?</i></p>	
<p>Relevant: <i>Is this a worthwhile goal for me right now?</i> <i>Is it meaningful to me?</i> <i>Would it delay me in achieving a more important goal?</i> <i>Am I willing to commit to achieving this goal?</i></p>	
<p>Time-Bound: <i>What is the deadline for reaching the goal?</i> <i>When do I need to take action?</i> <i>What can I do today?</i></p>	