

My SMART goal is:

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**S**

**Specific**

What do I want to accomplish?  
Why do I want to accomplish this?  
what does success look like?

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**M**

**Measurable**

How will I measure my progress?  
How will I know when the goal is accomplished?

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**A**

**Achievable**

Do I have the resources (time, money, skills...) necessary?  
Am I willing to obtain the resources necessary?  
Is this a realistic goal given my circumstances?

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**R**

**Relevant**

How does this goal fit into my larger objective?  
Is this goal worth the time and effort?  
Is pursuing this goal the best use of my resources?

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**T**

**Time-Bound**

How long will it take to accomplish this goal?  
What is the targeted start and finish date?  
When am I going to work on this goal?

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