



DATE: / /

S.M.A.R.T.

GOALS

WHILE REJECTING THE IDEAL OF PERFECTION, WE CAN EMBRACE THE IDEA OF IMPROVEMENT. SETTING SMART GOALS CAN HELP US TO MOVE FORWARD WHEN WE FEEL STUCK AND HELPLESS.

| | | |
|----------|--|--|
| S | <p><u>SPECIFIC</u></p> <p>IS IT SPECIFIC, CLEAR, AND CONCISE? DOES IT IDENTIFY THE WHO, WHAT, AND HOW OF THE GOAL?</p> | |
| M | <p><u>MEASURABLE</u></p> <p>IS IT MEASURABLE? CAN YOU DETERMINE IF YOUR GOAL WAS MET?</p> | |
| A | <p><u>ACHIEVABLE</u></p> <p>IS IT ACHIEVABLE IN THAT IT IS CHALLENGING, BUT NOT IMPOSSIBLE? IS IT BASED ON WHAT IS REALISTIC OR AN IMPOSSIBLE IDEAL?</p> | |
| R | <p><u>RELEVANT</u></p> <p>IS IT RELEVANT TO YOUR VALUES AND OVERALL GOALS IN LIFE? IS IT APPLICABLE TO YOUR LIFE RIGHT NOW?</p> | |
| T | <p><u>TIME BOUND</u></p> <p>IS IT TIME-BOUND? DOES IT HAVE A SPECIFIC TIMELINE?</p> | |

