



SMART GOALS

Specific: You can clearly state your goal and where you are going

- What exactly do you want to accomplish?
- What will it look like when you reach your objective?
- Choose a time frame than makes sense for this objective.
- Be specific. What is the outcome that you want?

Measurable: Include a way to measure your progress

- How can you quantify this goal? How will you know when you've reached it?
- How will you measure progress towards more of a balanced life?
- Think of different ways your goal can be measurable.

Attainable: It is within your reach and you will do the work

- Is this goal realistic?
- Are there any obstacles or circumstances that prevent you from reaching this goal?
- How will you make sure this goal is reflective of you?

Relevant: You're excited about this goal and will make it a priority

- What makes this goal important to you?
- What will you reprioritize or reschedule to work on this goal?
- On a scale of 1-10, how important is it to you to reach this goal?

Time-Specific: It has a deadline

- When will you start
- Why now or why then?
- When will you reach this goal?