

GOAL:

S

SPECIFIC

WHAT DO I WANT TO ACCOMPLISH?

M

MEASURABLE

HOW WILL I KNOW WHEN I'VE ACCOMPLISHED THIS GOAL?

A

ACHIEVABLE

HOW CAN I ACCOMPLISH THIS GOAL?

R

RELEVANT

WHY IS THIS GOAL WORTH PURSUING?

T

TIME-BOUND

WHEN CAN I ACCOMPLISH THIS GOAL?