

SMART Goals

Specific:	Try and make your goal as precise and defined as possible
Measureable:	Establish criteria to measure your progress How will you know when you are on your way?
Accountable:	Determine a person who will help you and keep you responsible for your goals
Reachable:	Set reachable goals that you will be able to attain (high expectations are good) Set small goals towards bigger goals
Time specific:	Create a time line Having an end time will help you stay accountable to your goals