

S

What specifically do you want to accomplish?

- **-WHY do I want to accomplish this?**
- **-What are the requirements?**
- **-What are the constraints?**

M

- **How will you know when your goal has been accomplished?**
- **How will I measure my progress?**

A

How can this goal be accomplished?

- **What steps should I take?**

R

Is this goal worth working hard to accomplish?

- **Is this the right time?**
- **Do I have the necessary resources to get it done?**
- **Is this in term with my long term goals?**

T

By when will this goal be accomplished?

- **When am I going to work on this goal?**

S



M



A



R



T