SMART GOALS

S

SPECIFIC

- What are you trying to accomplish?
- Who will be involved?
- Why do you want to set this goal?

M

MEASURABLE

- Make sure you know when you have met your goal.
- Ensure there is a way to measure success.

A

ACHIEVABLE

- How realistic is it to achieve my goal?
- What skills do I have to achieve this goal?
- Set mini goals along the way to keep you on track.

R

RELEVANT

- Why is this goal important?
- What areas of my life or business does this goal relate to?

T

TIME-BASED

- Set a deadline.
- Track your progress.
- Try your best to stay on track.

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