

S

M

A

R

T



### SPECIFIC

Be clear and specific so your goals are easier to achieve. This also helps you know how and where to get started!



### MEASURABLE

Measurable goals can be tracked, allowing you to see your progress. They also tell you when a goal is complete.



### ACTIONABLE

Are you able to take action to achieve the goal? Actionable goals ensure the steps to get there are within your control.



### REALISTIC

Avoid overwhelm and unnecessary stress and frustration by making the goal realistic.



### TIMEBOUND

A date helps us stay focused and motivated, inspiring us and providing something to work towards.

|  |
|--|
|  |
|  |
|  |
|  |
|  |