



MY SMART GOAL

SMART

What *exactly* do I want to achieve?

MEASURABLE

How will I know I've achieved my goal? How will I measure my progress?

ACTIONABLE

What steps do I need to take to achieve my goal?

RELEVANT

Why do I want to achieve this goal? Why is it important to me?

TIME-BOUND

When is my deadline? When will I achieve it?

TIPS:

What might prevent you from reaching your goal? Who will support you along the way?
How will you stay motivated?

