

CREATE BETTER MAP-ED 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?



Extension UtahStateUniversity_®



This material was funded by USDA's Supplemental Nutrition Assistance Program -- SNAP. This institution is an equal opportunity provider.

Utah State University is an affirmative action/equal opportunity institution and is committed to a learning and working environment free from discrimination, including harassment. For USU's non-discrimination notice, see https://www.usu.edu/equity/non-discrimination.