

Is My Goal SMART?

Specific

What exactly do you want to achieve? Make your goals easy to understand.

Measurable

How will you know when you've achieved them? Include clear benchmarks.

Attainable

Create goals that are within reach and achievable.

Relevant

How are these goals applicable to your life now?

Timely

When do you want to achieve these goals? Establish a start and end date.
