## SETTING GOALS TO GUARANTEE SUCCESS

## SMART GOALS

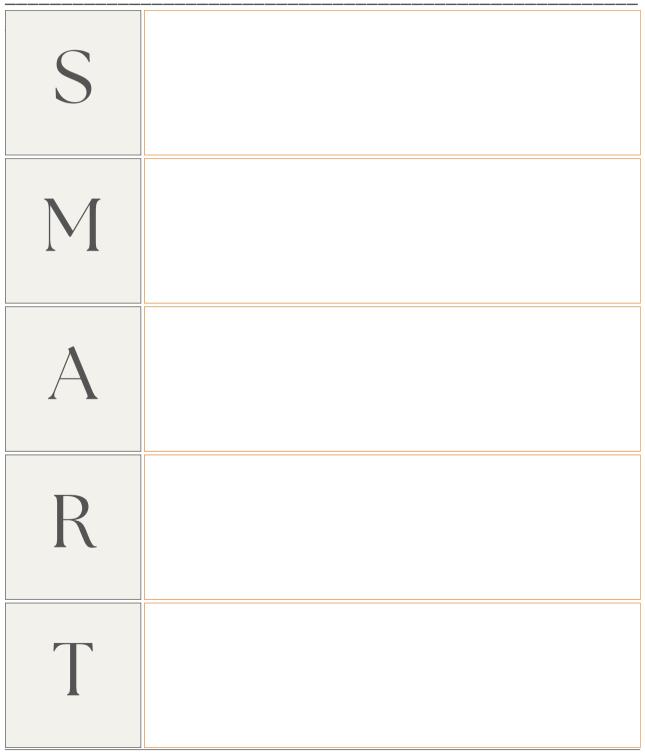
Instructions: For each goal, fill in the details according to the SMART criteria. This will help ensure that your goals are clear, focused, and actionable.

S	SPECIFIC	<ul><li>What exactly do you want to achieve?</li><li>Why is this goal important?</li><li>Choose 1 thing to focus on at a time.</li></ul>
Μ	MEASURABLE	<ul> <li>How will you track progress?</li> <li>Can you include a number of times per week/day/month?</li> <li>How will you know when the goal is accomplished?</li> </ul>
A	ATTAINABLE	<ul> <li>Is the goal realistic given your current journey?</li> <li>What steps or actions will you take to reach the goal?</li> <li>Do you have the necessary resources/support?</li> </ul>
R	RELATIVE	<ul> <li>Will it contribute to your long-term success and growth?</li> <li>Is now the right time to pursue this goal?</li> </ul>
Τ	TIMELY	<ul> <li>When will you start working on the goal?</li> <li>What date would you like to check-in on your goal progress?</li> <li>Are there any milestones or checkpoints along the way?</li> </ul>

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## SMART GOALS

GOAL:



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