**Your SMART Goal**

**S- Specific**

What will be different? What will you be doing? How will you feel? What will others see?

**M- Meaningful**

What would this change mean to your life? How is this goal meaningful to you?

**Achievable**

How hard are you willing to work to see this change occur in your life?

**Resources**

What else do you need to make this change happen?

**Time**

How long are you giving yourself to see this change occur? (Be realistic!)