



# Smart Goals



Specific

**S**

Measurable

**M**

Achievable

**A**

Realistic

**R**

Time-bound

**T**

SMART goals have a higher chance of success since they are specific, measurable, achievable, relevant, and time-bound. Every goal can be made S.M.A.R.T. and as such, has a better chance of becoming reality.

What will be accomplished?

What actions will you take?

Can you measure the outcome?

Is the goal attainable? Do you have the skills and/or resources?

If not, how will you get them?

Is it realistically achievable and what is the time limit?