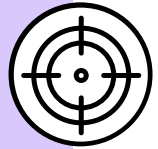


SMART GOALS

S

PECIFIC

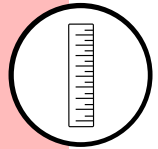
WHAT DO YOU WANT TO ACCOMPLISH? WHO NEEDS TO BE INCLUDED? WHEN DO YOU WANT TO DO THIS? WHY IS THIS A GOAL?



M

EASUREABLE

THE SUCCESS TOWARD MEETING THE GOAL CAN BE MEASURED. ANSWERS THE QUESTION—HOW? HOW WILL YOU KNOW IF YOU'VE SUCCESSFULLY MET YOUR GOAL?



A

TTAINABLE

GOALS ARE REALISTIC AND CAN BE ACHIEVED IN A SPECIFIC AMOUNT OF TIME AND ARE REASONABLE. DO THEY HAVE THE SKILLS REQUIRED TO ACHIEVE THE GOAL?



R

ELEVANT

THE GOALS ARE ALIGNED WITH CURRENT OBJECTIVES THAT ARE ALIGNED IN A SPECIFIC AREA; INCLUDE THE EXPECTED RESULT. WHY AM I SETTING THIS GOAL NOW?



T

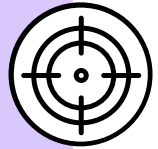
IME

GOALS HAVE A CLEARLY DEFINED TIME-FRAME INCLUDING A TARGET OR DEADLINE DATE. MAKE SURE THEY DON'T GO ON FOREVER.

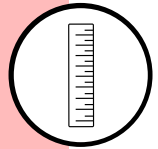


SMART GOALS

SPECIFIC



MEASUREABLE



ATTAINABLE



RELEVANT



TIME

