What are SMART goals?

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S — Specific
Set a clear goal, knowing what you want to accomplish, why, and how you'll go about it.

M — Measurable
Include benchmarks that you can quantify and measure so that you can track your progress.

A — Achievable
Don't set goals that are impossible for you. Think about how you can realistically achieve it.

R — Relevant
Think about why the goal matters to you, and how it fits in with the bigger picture.

T — Time-limited
Give yourself a deadline! This will enable you to focus on your goal rather than neglecting it.

Write your own SMART *goals*

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GOAL #1

GOAL #2

GOAL #3

GOAL #4