

SMART Goals are:

Specific – and could be answered with the 5 “W’s”

- Who is involved?
- What do you want to accomplish?
- Where will it take place, location?
- When will be accomplished? Identify the time frame
- Why – give a specific reason, purpose or benefit

Measurable – How will you measure the progress? How much, how many, how will you know the goal is accomplished? How will you keep track of it?

Achievable – Can you develop the skills, attitude and abilities to reach the goal? Do you have or can you acquire the financial capacity to do it?

Identify the requirements to complete the goal:

Realistic – Now that you have set the goal think...are you really willing and able to accomplish it? Will you put in the time necessary to complete your goal? What might stop you? It is helpful to know the obstacles and challenges before starting.

Identify any obstacles or challenges that might get in your way:

Timey – Your goal needs to have a time frame.

<http://preparednessmama.com/smart-goals-for-the-new-year>

Goal: Specific, Measurable, Achievable, Realistic, Timely

I will

By (time frame)

I will measure by progress

In order to achieve this I need to

My obstacles or challenges are

I Can Do It!