S **M** **A** **R** **T**

SPECIFIC   MEASURABLE   ACHIEVABLE   RELEVANT   TIME-BOUND

How to set SMART Goals

What is your end goal? Examples may be: I want to lose weight, or I want to go to school.

Let's get *Specific*. How will you make it happen? Often, it's a several step plan. List those baby steps here!

Now, make it *Measurable*: How long? How many? How do you know you are done?

Is this *Achievable?* Be honest with yourself, ask others what they think if you need. Break down to even smaller steps if necessary!

Is this *Relevant* to what your end goal is? Sometimes people lump stuff together that don't go together. Keep your goal lean, and mean(ingful).

Let's make it *Time-Bound.* How often will you work on your baby steps? When is your deadline?

Now that you've workshopped your goal, write it somewhere nicely with all your steps and post it somewhere you can see it on a regular basis! Check in and modify if needed. You got this!