S.M.A.R.T.E.R GOALS

GOAL

SPECIFIC
WHAT IS THE GOAL? WHAT DO I WANT TO ACCOMPLISH?

MEASURABLE
HOW WILL I KNOW THAT I'VE ACCOMPLISHED THE GOAL?

ACHIEVABLE
IS THIS GOAL ACHIEVABLE? WHAT WILL I NEED TO DO?

RELEVANT
HOW IS THIS GOAL RELEVANT TO MY LIFE?

TIME-BOUND
WHAT IS MY DEADLINE TO ACCOMPLISH THE GOAL?

EXCITING
DOES MY GOAL EXCITE AND MOTIVATE ME?

REWARDING
WILL ACHIEVING THIS GOAL MAKE ME FEEL REWARDED?