

# S.M.A.R.T GOALS

Specific	Specific means that your goal is detailed and exact. It can answer the questions, who, what, where, when, why, which
Measurable	Measurable means you can track your progress and know exactly when your goal is met. It usually involves numbers
Achievable	Achievable means that your goal is a reasonable one. It is not completely out of reach, or too easy for you
Relevant	Relevant means that your goal is worthwhile. It is something that is actually important to you right now.
Timely	Timely means that your goal will be accomplished in a set time frame, such as two weeks, three months, or one year