

SMART Goals Poster



S

Specific

What EXACTLY do you want to accomplish?
What are the important details of this goal?



M

Measurable

How will see the progress you are making?
How will you know when you meet your goal?



A

Achievable

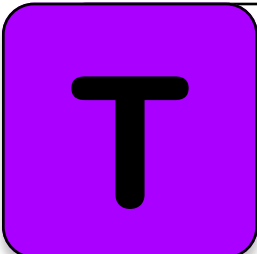
Can you accomplish this goal with effort?
Is it too hard?



R

Relevant

Is this goal important to you or someone else?
How will meeting this goal help you?



T

Timely

How long will it take you to reach your goal?
Make sure to set a deadline.