

# S.M.A.R.T.

## Goals

WHAT EXACTLY DO I WANT TO DO?

# S

SPECIFIC

HOW WILL I TRACK MY PROGRESS?

# M

MEASURABLE

DO I HAVE WHAT I NEED TO MAKE IT POSSIBLE? WHAT RESOURCES WILL I NEED?

# A

ATTAINABLE

WHY AM I DOING THIS? IS THIS GOAL IN ALIGNMENT WITH MY OVERALL MISSION?

# R

RELEVANT

WHEN WILL I HAVE THIS COMPLETED?

# T

TIMELY