Smart Goals

When setting goals, make sure it follows the SMART structure. Use the questions below to create your goals.

S — **Specific**
What do I want to accomplish?

M — **Measurable**
How will I know when it is accomplished?

A — **Achievable**
How can the goal be accomplished?

R — **Relevant**
Does this seem worthwhile?

T — **Time bound**
When can I accomplish this goal?