

## The What & Why of SMART Goals

A SMART goal is one that is Specific, Measurable, Achievable, Relevant, and Timely. Using these parameters helps ensure that your goal is reasonable within a certain time frame. It also eliminates confusion and guesswork, sets a clear timeline, and makes it easier to track progress and identify areas needing change.

### S - Specific

What do I want to accomplish? Why is this important to me?

### M - Measurable

How will I measure progress? How will I know when I've met my goal?

### A - Attainable

What exact steps do I need to do to achieve this goal?

### R - Relevant

How will achieving this goal help me? Does it match/fit my values?

### T - Timely

When will I accomplish my goal? How long will I give myself?

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