

S.M.A.R.T Goal Map

S

SPECIFIC

SPECIFIC: WHAT IS MY GOAL?

m

MEASURABLE

MEASURABLE: HOW DO I KNOW IF I'VE REACHED MY GOAL?

a

ATTAINABLE

ATTAINABLE: WHAT STEPS OR SKILLS DO I NEED TO ACHIEVE MY GOALS?

R

RELEVANT

RELEVANT: WHY IS THE GOAL A PRIORITY TO ME?

T

TIMELY

TIMELY: WHAT IS A REALISTIC END-DATE TO ACCOMPLISH MY GOAL?