



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

S	<b><u>SPECIFIC</u></b> WHAT DO I WANT TO ACCOMPLISH?	
M	<b><u>MEASURABLE</u></b> HOW WILL I KNOW WHEN IT IS ACCOMPLISHED?	
A	<b><u>ACHIEVABLE</u></b> HOW CAN THE GOAL BE ACCOMPLISHED?	
R	<b><u>RELEVANT</u></b> DOES THIS SEEM WORTHWHILE?	
T	<b><u>TIME BOUND</u></b> WHEN CAN I ACCOMPLISH THIS GOAL?	