

Goal-Setting

S	M	A	R	T
Specific	Measureable	Attainable	Relevant	Timely
What exactly are you going to achieve? How detailed can you get?	What tangible evidence will show accomplishment? How will you know you succeeded?	Is the effort and commitment needed realistic? Can you envision the results?	Why is your goal really important to you? How will you persevere when it gets hard?	When will you cross the finish line? What pace will you set? How will you prioritize the things that matter most to you?