SMART GOAL:

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| **Specific** | * What do I want to accomplish?
* Why do I want to accomplish it?
* What are the requirements?
* What are the constraints?
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| **Measureable** | * How will I measure my progress?
* How will I know when I have accomplished my goal?
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| **Achievable** | * How can the goal be accomplished?
* What is one logical step I can take?
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| **Relevant** | * How long will it take to accomplish my goal?
* Is this the right time?
* Do I have the necessary resources to accomplish this goal?
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| **Time-Bound** | * How long will it take me to accomplish this goal?
* When will this goal be complete?
* When will I know this is complete?
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