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| **SMART** GOALS | SMART goals serve to help break down a goal into specific aims in order to help you achieve them in a realistic and beneficial way. |

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| **Specific** | What is your goal?  What effect would achieving this goal have?  Is anyone helping you? |  |
| **Measurable** | How are you measuring the success of the goal?  What are the exact quantifiable goals you are looking to reach? |  |
| **Attainable** | Are these goals realistic?  What could stand in your way? |  |
| **Relevant** | Does it make sense to work towards this goal now? Why? |  |
| **Time-bound** | What is your specific deadline?  When do you hope to have achieved your goal? |  |

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| Your **SMART** Goals |
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