

SMART Goals



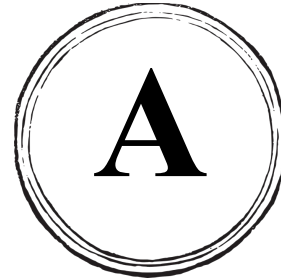
Specific

What do you wish to accomplish?



Measurable

How will you track your progress?



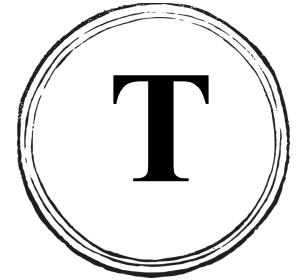
Attainable

Is this a realistic goal to achieve with your resources?



Relevant

Does this goal align with your long term objectives?



Time

How long will this goal take?

Why set smart goals?

- Provides direction, destination and focus on a clear and specific goal
- Provides control, accountability, motivation, satisfaction and confidence in oneself
- Detailed goal is measured by reality, time and progress to stay on track to completion to be able to revisit and build onto next goal