

What are SMART Goals?

When thinking about goal setting, it is important to use a process to meet those goals. There are stages to a goal and important things to consider. One process for goal setting is to ensure your goals are S.M.A.R.T



S

Specific

Become granular with your goals. Don't be afraid to identify EXACTLY what you want to do. Be prepared to answer:

Who - who needs to participate?

What - needs accomplished?

When - establish a time frame

Where - will you do it?

Why - does this need done

Which - requirements/constraints to consider goal completed



M

Measurable

A goal needs to be measured with concrete criteria. What will show growth or progress toward your goal?

Be prepared to ask things like, "How much?" "How many?"

"What does the goal look like when accomplished?"



A

Attainable

While everything can be attainable, goals need to be measured differently. It should be attainable within a specific time, and with specific measurements. Starting small is important!



R

Realistic

A goal must be something you are both WILLING and ABLE to accomplish. You can have high level goals - if they fall under this criteria. You must truly believe it can be accomplished.



T

Time Bound

This is one of the most important parts of ensuring a goal is smart. Making a goal time bound is what helps give the motivation to complete it. If you don't set a time frame, a goal can just lurk and never truly have progress made, no matter how much you want to do it.

So, what are your goals?

AND HOW CAN YOU ACCOMPLISH THEM? WHAT IS KEEPING YOU FROM DOING SO? OR, HOW

CAN YOU ENSURE YOUR GOALS ARE S.M.A.R.T?
