

# SMART Goals

## What is a SMART Goal?

Specific	Measurable	Achievable	Relevant	Time-Bound
<b>S</b>	<b>M</b>	<b>A</b>	<b>R</b>	<b>T</b>
<b>G</b>	<b>O</b>	<b>A</b>	<b>L</b>	<b>S</b>

Ensuring your goals are SMART allows you to focus on specific actions and tasks to make your goals achievable and attainable. It allows you to have a clear expectation and understanding of your success and easily allows you to readjust as needed.

### Formula for Creating a SMART Goal

My goal is to [quantifiable objective] by [timeframe or deadline]. I will accomplish this goal by [what steps you'll take to achieve the goal]. Accomplishing this goal will [result or benefit].