

What are SMART Goals?



When making goals, it is important to make them S.M.A.R.T! A S.M.A.R.T goal is a goal that is specific, measurable, achievable, realistic, and time bound.

Be ... **S**pecific:

For goals to be specific, they should be clear and brief.

Be ... **M**easurable:

For goals to be measurable, you need to be able to track your progress towards reaching your goals.

Be ... **A**chievable:

For goals to be achievable, they should be challenging but not impossible.

Be ... **R**elevant:

For your goals to be relevant, make sure they line up with your overall life plan!

Be ... **T**ime-bound:

For your goals to be time-bound, make sure you set a deadline for achieving your goal.