## **SMART Goals**

| S | Specific   | Describe your goal.  |
|---|------------|--|
| Μ | Measurable | How can you track your progress?                                       |
| A | Attainable | Who is going to help you? Who can help?                                |
| R | Relevant   | List the skills and resources you need<br>in order to reach your goal? |
|   | Timely     | Who can help you keep track of your goal? When will you check?         |

