Set a SMART Goal



1	Identify the Specific thing you want to do.
2	Identify the Time in which it should be done.
3	Some things to consider to determine whether your goal is Realistic and Relevant:
	• Do you have the time to achieve what you want to do?
	• Is it Related to the hopes and dreams you have for yourself?
	Is it something you can do by yourself or do you need help?Do you know who can help you?
	Tell why it is relevant, realistic, and related.
1	Can you Measure the change of where you are now to where you will be when you achieve your goal?
	Where are you now?
	Where will you be when you achieve your goal?
5	Achievable: Looking at what it takes to make my goal realistic, the measurable change
	that has to happen in the time I've set, is this an achievable goal?
u	answered yes at every step, then you have a SMART goal.
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