



Smart Goal Setting



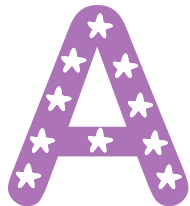
**Make it
Specific**

What is your goal? Give details



**Make it
Measurable**

How will you keep track of your progress?
How will you measure it?



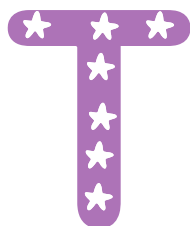
**Make it
Attainable**

What do you need to achieve your goal?
Think of time, skills, etc.



**Make it
Relevant**

How will this goal help you?



**Make it
Timely**

When will you achieve this goal? Set a
start and finish date.



Smart Goal Setting



Action Plan—what steps do you need to take? Date

Potential Obstacles

Potential Solutions