

Set Goals the  
SMART way!

SPECIFIC  
MEASURABLE  
ATTAINABLE  
RELEVANT  
TIMELY



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When Setting your New Year Goals,

# Be SMART

*S- SPECIFIC: What is the purpose of your goal? Any requirements or restraints? What are the benefits in achieving your goal?*

*M- MEASURABLE: How Often? How many? When? How will your progress be tracked?*

*A- ATTAINABLE: Set a realistic goal. How will your goal be accomplished?*

*R- RELEVANT: Is this goal going to help achieve other goals and purposes? Is it appropriate in what you want to accomplish?*

*T- TIMELY: When are you going to do this? Do you have a deadline to accomplish your goal by?*



When Setting your New Year Goals,  
**Be SMART**



SPECIFIC:

MEASURABLE:

ATTAINABLE:

RELEVANT:

TIMELY:

Name: \_\_\_\_\_ Year: \_\_\_\_\_

# THANK YOU!



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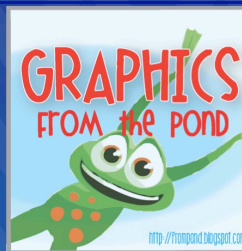
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