

what are

SMART GOALS?



SPECIFIC

Your goal should be clear and specific. Some questions you can address: What do I want to accomplish? Why is this goal important? Who is involved? Which resources or limits are involved?

MEASURABLE

Your goal should be measurable, so that you can track your progress and also set deadlines for yourself. Some questions you can use to do this are: How will I know when I have accomplished my goal?

ACHIEVABLE

Your goal should be such that it is attainable. It can stretch your skill set, but should also remain a possible goal. Some questions you can address: What do I need to do to accomplish my goal? How realistic is it?

RELEVANT

Your goal should be relevant to you and should be connected to your other goals. Some questions you can address: Is this goal worthwhile for me to work towards? Is this the right time for me to set this goal?

TIME BOUND

Your goal should have a target date and deadline. Some questions you can address: What can I do today, tomorrow, this week, next month, etc? What are some deadlines I can set for this goal?

SMART VS "UN-SMART" GOALS?

UN-SMART - I will get more involved in the community.

SMART - I will attend one club meeting every Monday at 5PM.