

## Smart Goal Setting





Make it Specific What is your goal? Give details



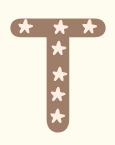
Make it Measurable How will you keep track of your progress? How will you measure it?



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.



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



Potential Obstacles	Potential Solutions