



# GOALS

///

**S**

SPECIFIC

WHAT DO I WANT  
TO ACCOMPLISH?

**M**

MEASURABLE

HOW WILL I  
KNOW WHEN IT IS  
ACCOMPLISHED?

**A**

ACHIEVABLE

HOW CAN THE  
GOAL BE  
ACCOMPLISHED?

**R**

RELEVANT

DOES THIS SEEM  
WORTHWHILE?

**T**

TIME BOUND

WHEN CAN I  
ACCOMPLISH THIS  
GOAL?