



When setting goals for yourself, follow the SMART structure. Use the questions below to create your 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?

## Time bound

When can I accomplish this goal?