



# SMART

## GOAL-SETTING GUIDE

**S**  
SPECIFIC

**CLEAR AND DEFINED GOALS**

ASK: What do I want to accomplish?

**M**  
MEASURABLE

**MEASURABLE WAYS THAT YOU CAN TRACK YOUR PROGRESS TOWARDS YOUR GOAL**

ASK: How will I know when I've met my goal?

**A**  
ATTAINABLE

**A GOAL SHOULD STRETCH YOU, BUT BE REALISTIC ENOUGH THAT YOU CAN CREATE AN ACTION PLAN FOR ACHIEVEMENT**

ASK: What actions will I put into place to help me in achieving my goal?

**R**  
RELEVANT

**GOALS SHOULD BE RELEVANT TO OUR LONG TERM GOALS AND PLAY INTO THE BIGGER PICTURE OF OUR LIVES**

ASK: Why is this goal important to me and how does it relate to my life and other long term goals?

**T**  
TIMEBOUND

**A SPECIFIC DATE A GOAL SHOULD BE ACHIEVED BY**

ASK: When do I want to achieve my goal?

# Goal Setting Guide

**Matt Harris**



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