

SMART GOALS

FOLLOWS THE SMART STRUCTURE TO SET YOUR GOALS. USE THE QUESTIONS BELOW TO CREATE YOUR OWN GOALS.

S	<p><u>SPECIFIC</u></p> <p>WHAT DO I WANT TO ACCOMPLISH?</p>	
M	<p><u>MEASURABLE</u></p> <p>HOW WILL I KNOW WHEN IT IS ACCOMPLISHED?</p>	
A	<p><u>ACHIEVABLE</u></p> <p>HOW CAN THE GOAL BE ACCOMPLISHED?</p>	
R	<p><u>RELEVANT</u></p> <p>DOES THIS SEEM WORTHWHILE?</p>	
T	<p><u>TIME BOUND</u></p> <p>WHEN CAN I ACCOMPLISH THIS GOAL?</p>	

GOALS

IDENTIFY THE GOALS YOU HAVE, WHY THEY ARE IMPORTANT AND THE OUTCOME YOU DESIRE

GOAL 1.	
WHY IS THIS IMPORTANT?	DESIRED OUTCOME

GOAL 2.	
WHY IS THIS IMPORTANT?	DESIRED OUTCOME

GOAL 3.	
WHY IS THIS IMPORTANT?	DESIRED OUTCOME

PERSONAL GOALS

ACHIEVING OUR GOALS IS DEPENDENT ON WHETHER WE TAKE ACTION. USE THE TABLE BELOW TO UNDERSTAND THE "WHY" OF YOUR GOALS.

WHAT ARE THREE THINGS I AM TRYING TO ACHIEVE IN MY LIFE?

GOAL 1.

GOAL 2.

GOAL 3.

WHY ARE THESE THINGS IMPORTANT TO ME?

WHAT WILL HAPPEN IF I DON'T ACHIEVE THESE GOALS IN 1/3/10 YEARS?

WHAT STEPS MUST I TAKE RIGHT NOW TO ACHEIVE THESE GOALS?