



Specific: Is your goal well defined and unambiguous? Are you clearly focused on what you're trying to accomplish?

Measurable: How will you evaluate your progress? How will you know when you've achieved your goal?

Achievable: Is it reasonably possible to accomplish your goal? Is it an attainable challenge?

Realistic: Does this goal align with your values? Is achieving it worthwhile to you?

Timely: Is your timing both aggressive and reasonable? Will it motivate you to keep going?



What steps will you take this week?

What exactly do you plan to do?

How will you know you've made progress?

Will you be able to do this as scheduled?

Why is this goal important to you?

What is your timetable?

1.					
2.					
3.					