

# Setting SMART Goals

When thinking about your future, it's important that you set goals that are specific, measurable, attainable, relevant, and timely. Remember to be SMART as you create goals that will help you achieve success in your life.

**S**

- **Specific**
- Is my goal specific or does it include vague or unclear language?

**M**

- **Measurable**
- How will I know when my goal is accomplished? Can I track the progress?

**A**

- **Attainable**
- Is the goal reasonable enough to be accomplished?

**R**

- **Relevant**
- Is this goal worth my time? Will it meet my needs?

**T**

- **Timely**
- What is the timeframe for me to accomplish this goal?