

# SMART Goals

Did you know: the more you and your team set clear goals, the more likely you are to succeed.<sup>1</sup>

<p><b>Specific</b></p> <p>Clear goals with details that are IMPORTANT to you. Include action words.</p> <p>~ important to me ~</p>	
<p><b>Measurable</b></p> <p>List ways you can measure the goal and track the progress over time.</p> <p>~ see the change ~</p>	
<p><b>Attainable</b></p> <p>Ensure that the goal is something that can be done with your current circumstances.</p> <p>~ I can do this ~</p>	
<p><b>Realistic</b></p> <p>Make the goal big enough to be challenging and small enough to be doable.</p> <p>~ find balance ~</p>	
<p><b>Time bound</b></p> <p>Create a sense of priority and importance by adding timelines.</p> <p>~ sense of priority ~</p>	

<sup>1</sup>Locke, E. A., & Latham, G. P. (1984). Goal setting: A motivational technique that works!.