

# Steps to a SMART Goal

<b>S</b>	MAKE IT <b>S</b> PECIFIC	<i>What do you want to accomplish?</i>
<b>M</b>	MAKE IT <b>M</b> EASURABLE	<i>How will you know when you've accomplish your goal?</i>
<b>A</b>	MAKE IT <b>A</b> TTAINABLE	<i>How can the goal be accomplished?</i>
<b>R</b>	MAKE IT <b>R</b> ELEVANT	<i>Is this goal worth working hard to attain? Explain.</i>
<b>T</b>	MAKE IT <b>T</b> IMELY	<i>By when will the goal be accomplished?</i>

Mark your level of confidence in achieving this goal on a scale from 0 to 10:

(Not Confident)    0    1    2    3    4    5    6    7    8    9    10    (Very Confident)