

Smart Goal Setting

Components

S-----Specific

M----Measurable

A----Attainable, Accountable, Appropriate

R----Relevant/Realistic, Responsible

T----Time Component

Questions to ask about your goals:

A.— In what way will your life change for the better/worst when you achieve your goal?

What's the cost of achieving your goal? What's the cost of not achieving it?

B.— Name a strategy that you will incorporate into your life to help ensure progress toward your goal.

Goals: (Remember to be SMART)

1. _____

Questions to answer:

A. _____

B. _____

2. _____

Questions to answer:

A. _____

B. _____
