

SMART Goals

Setting S.M.A.R.T. goals helps you stay focused on achieving them. Putting your goals in writing makes them seem more real. Use this form to write your goals. Read your goals out loud, and often. That will help make them seem even more real.

<p>Specific: When setting a goal, be specific about what you want to accomplish.</p>	
<p>Measurable: A goal is more achievable when there is a way to measure progress. Think about how you will measure your goal progress.</p>	
<p>Achievable: This focuses on how important your goal is to you and what you can do to make it possible. Think about what you need to accomplish your goal. If you don't have the tools or skills needed, you won't be able to accomplish your goal.</p>	
<p>Realistic: Your goal should be something that you believe you can truly be accomplished. It should also be relevant to your family- why do you want to reach this goal?</p>	
<p>Time bound: Time limits help make your goal more achievable by creating a sense of importance. Think about your goal deadline and what can be accomplished in that time period.</p>	