

SMART Goals

<https://www.youtube.com/watch?v=R9xMTGjsZPo>

S Specific

- Your goal should be as specific as possible.
- Narrow Focus
- What is your goal?

M Measurable

- How will you measure your goal?
- You should be able to increase or decrease your goal by a certain amount.

A Achievable

- It is possible and within reach
- Sensible
- Practical
- Achievable

R Relevant

- Pertains to you
- Something YOU want

T Time-bound

- Set a specific deadline with a checkpoint a long the way
- Helps motivate

Complete the Attached Activity: Not HMWK

[SMART Goals Activity](#)