

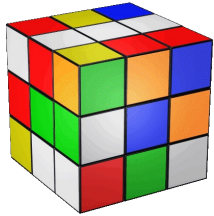
SMART goals!

- Specific
- Measurable
- Attainable
- Relevant
- Timely

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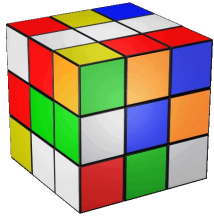
SMART goals!

- **Specific**
 - What do I want to achieve?
 - Where do I want to achieve it?
 - When do I want to achieve it by?
 - With whom?
 - What are the limitations/challenges?
 - Why do I want to achieve this specific goal?
- Measurable
- Attainable
- Relevant
- Timely

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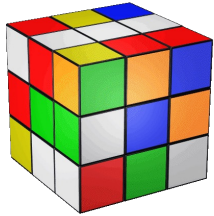
SMART goals!

- Specific
 - How much of [something] do I need?
 - How many of [something] do I need?
 - How will I know when I have achieved the goal?
- **Measurable**
- Attainable
- Relevant
- Timely

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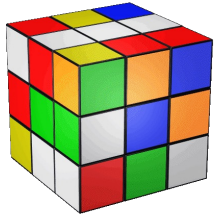
SMART goals!

- Specific
 - How can this be accomplished?
- Measurable
 - Given the specific constraints how realistic is this goal?
- **Attainable**
- Relevant
- Timely

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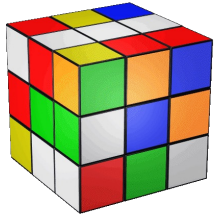
SMART goals!

- Specific
 - Is this worth achieving?
- Measurable
 - Is this the right time?
- Attainable
 - Is the effort in line with the rewards?
- **Relevant**
 - Is this something that you should be doing?
- Timely

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SMART goals!

- Specific
 - What should be done by the end of today?
- Measurable
 - What should be done by the end of this week?
- Attainable
 - What should be done by the end of the month?
- Relevant
 - When should the goal be completed?
- **Timely**

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