

# "SMART" Goal-Setting



## **Specific:**

What are the specific details of the goal? Is it a particular score on a test; a time in a race ... For example, I have "create a better morning routine" on my goal list. A better first goal would be to define what a "better morning routine" is. Then, I can work to implement the specifics of the goal. The more defined the goal - the better!

## **Measurable:**

Is this goal capable of being measured? Measurement is crucial because it makes our progress visible to us. How will you measure success or progress for this goal? If it is a fitness goal, will you measure it by monitoring your heart rate? If it is a professional goal, will you measure it by asking for feedback from your boss...? If it is an internal measure (a sense of wellbeing) will you measure it by rating your inner sense on a scale from -5 to +5?

## **Attainable:**

Are you being realistic about what's possible? Don't set yourself up for failure by trying something that's just not possible. Look at your life and decide what you can reasonably do.

## **Relevant:**

Why does this goal matter to you? If you don't have a really good reason for taking on this goal, it's too easy to drop it. You MUST know why it's important to you.

## **Time-Bound:**

Timelines are important to create goal structure. When do you expect to see results? What are the milestones? Is this time frame realistic?