

Setting My SMART Goal



My goal is	
Specific <ul style="list-style-type: none">• What exactly do I want to accomplish?• Who is involved or affected by this goal?• What are the requirements and constraints?	
Measurable <ul style="list-style-type: none">• How will I track progress and measure success?• What are the criteria for determining goal achievement?• How will I know when I have reached my goal?	
Achievable <ul style="list-style-type: none">• Is this goal realistic and attainable?• Do I have the necessary resources, skills, and support?• What potential challenges or obstacles might I encounter?	
Relevant <ul style="list-style-type: none">• Does this goal align with my overall objectives and priorities?• How does this goal contribute to my personal/professional growth?• Is it the right time to pursue this goal?	
Time-bound <ul style="list-style-type: none">• What is the deadline or timeframe for achieving this goal?• Are there any intermediate milestones or checkpoints?• How will I manage my time and stay on track?	