

Specific

Be clear and specific so your goals are easier to achieve. This also helps you know how and where to get started

Measurable

Measurable goals are tracked, allowing you to see your progress. They tell you when goals are completed..

Achievable

Are you able to take action to achieve the goal?
Ensuring you have control over the process.

Relevant

Avoid overwhelming and unnecessary stress by making the goal realistic.

Time bound

A date helps us stay focused and motivated, inspiring us and providing something to work towards.

NOTES

date: _____

[illegible]