

Smart(r) Goals

S	Specific: What do you want to achieve with your goal?
M	Measurable: How will you know when your goal is achieved?
A	Achievable: Is it reasonable to achieve this goal?
R	Relevant: Does this align with your longer-term goals?
T	Time Bound: When will you begin and finish this goal?
R	Reward: How will you celebrate completion of your goal?