

MY 2021 S.M.A.R.T. GOALS



SPECIFIC: CLEARLY DEFINE YOUR GOAL WITH AS MUCH DETAIL AS POSSIBLE. THINK: WHO, WHAT, WHERE, WHEN, HOW

MEASURABLE: HOW WILL YOU MEASURE THE OUTCOME? HOW WILL YOU GET THERE? HOW WILL YOU TRACK YOUR PROGRESS?

ACTIONABLE: WHAT STEPS WILL YOU NEED TO TAKE TO OBTAIN YOUR GOAL?

REALISTIC: IS THIS GOAL REACHABLE? BE SURE TO CONSIDER OBSTACLES.

TIME: DECIDE ON START & FINISH DATES. HOW MUCH TIME WILL YOU NEED TO ACCOMPLISH THIS GOAL? BE REALISTIC.

REMEMBER TO CELEBRATE THE SMALL VICTORIES

