Creating SMART GOALS

TANGIBLE

- Can experience with senses
- Can imagine vividly
- Specific action steps

SPECIFIC

- WHO: Who is involved?
- WHAT: What do I want to accomplish?
- WHERE: Identify a location
- WHEN: Establish a time frame
- WHICH: Identify requirements and constraints
- WHY: Specific reasons, purpose, or benefits in accomplishing the goal

REALISTIC

- Willing and able to work
- Exceed your reach, not your grasp
- Labor of love
- Belief in self and mission
- Conditions of accomplish goal

MEASURABLE

- How much?
- How many?
- How will I know when it is accomplished?
- Benchmarks
- Milestones

ATTAINABLE

- Doable steps
- Self-image and belief
- Attitudes
- Abilities, Skills
- Financial Capability