



SMART GOALS FOR SUCCESS

SMART goals are like navigation systems for your ambitions, offering a clear roadmap to reach your destination. They are **SPECIFIC**, ensuring a precise target; **MEASURABLE**, allowing you to track progress; **ATTAINABLE**, ensuring they're within reach; **RELEVANT**, aligning with broader objectives; and **TIME-BOUND**, setting a deadline for completion. These qualities provide focus, helping manage time effectively and maintain motivation. By breaking down aspirations into concrete, manageable steps, **SMART** goals increase the likelihood of success while keeping efforts aligned with overarching aims. They promote accountability, clarity, and a sense of direction, ultimately guiding you toward fulfilling your objectives in a structured and efficient manner.



SPECIFIC

Think about what your goals are, then ask yourself - Who? What? Where? When? Why?



MEASURABLE

Establish criteria for measuring progress towards the attainment of each goal you set.



ATTAINABLE

When you identify a goal, write it down and make a plan - this is called making an attainable goal.



RELEVANT OR REALISTIC

To be realistic, a goal must represent an objective toward which you are both willing and able to work.



TIME-BOUND

Create a sense of urgency. Knowing you have to accomplish a task at a certain time makes you accountable.