

# How to Write a *S.M.A.R.T.* Goal

Goal:

*Specific:* What EXACTLY do you want to achieve?

*Measurable:* How will you know when you've achieved it?

*Attainable:* Is it something you have control over?

*Relevant:* Why is this applicable to your life?

*Time-Based:* When do you want to achieve your goal?