

GOAL: \_\_\_\_\_

<b>s</b>	specific	<u>Fill in the details.</u>	<ul style="list-style-type: none"><li>• What do you plan to achieve?</li><li>• How?</li><li>• Why?</li></ul>
<b>m</b>	measurable	<u>Put it in numbers.</u> (Try for at least two different measures.)	<ul style="list-style-type: none"><li>• How will you know when you reach your goal?</li><li>• How will you know how successful you were?</li></ul>
<b>a</b>	achievable	<u>Identify your resources.</u>	<ul style="list-style-type: none"><li>• What will it take to achieve your goal?</li><li>• Do you have the knowledge, skills, abilities, time?</li><li>• Is it a challenge but still possible?</li></ul>
<b>r</b>	results-focused relevant	<u>Make your case.</u>	<ul style="list-style-type: none"><li>• What is the reason for the goal?</li><li>• What impact does it have?</li><li>• What is the benefit of achieving it?</li></ul>
<b>t</b>	time-bound	<u>Set the clock.</u> (Create a sense of urgency & due dates.)	<ul style="list-style-type: none"><li>• When will the goal be achieved?</li><li>• When will related tasks need to be done to get there?</li></ul>

REVISED GOAL: \_\_\_\_\_