SMART Goal Setting

Use SMART goals to set yourself up for success!

S SPECIFIC | What exactly do I want to happen? | |

M MEASUREABLE | How will I measure this goal? How will I know when I have achieved it? | |

A ATTAINABLE | Is the goal realistic? What will I need to accomplish it? (Outside help, skills, etc.?) | |

R RELEVANT | Is this goal worthwhile? Does it fit within guidance from my healthcare team? | |

T TIMELY | When will you achieve your goal? What's your deadline? | |

My goal is: