

# GOAL:

S

## Specific

- What do I want to accomplish?
- Why do I want to accomplish this?
- What are the requirements?
- What are the constraints?

M

## Measurable

- How will I measure my progress?
- How will I know when the goal is accomplished?

A

## Achievable

- How can the goal be accomplished?
- What are the logical steps I should take?

R

## Relevant

- Is this a worthwhile goal?
- Is this the right time?
- Do I have the necessary resources to accomplish this goal?
- Is this goal in line with my long term objectives?

T

## Time-Bound

- How long will it take to accomplish this goal?
- When is the completion of this goal due?
- When am I going to work on this goal?