# SMART Goals

**S**pecific: Be specific and include the benefits of the goal

**M**easurable: Break it down into small pieces

**A**ction-Oriented: State the results of the goal and how you're doing and what to do to improve

**R**ealistic: It needs to be something challenging but not impossible where magic must come in place to make it happen

**T**ime Bound: Set deadlines for each goal

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**S:** --

**M:**

1. (Fill blank) **(Deadline: (Fill blank))**
2. (Fill blank) **(Deadline: (Fill blank))**
3. (Fill blank) **(Deadline: Fill blank)**
4. (Fill blank) **(Deadline: (Fill blank))**

**A**:

**Update(s):**

- (Fill blank)
- (Fill blank)
- (Fill blank)

**R**:

- (Fill blank)
- (Fill blank)
- (Fill blank)

**T**: Refer to the **M** section