

# SMART Goals

Setting realistic goals means choosing small, achievable steps to work on instead of overwhelming yourself with big challenges. This approach helps break down intimidating situations into manageable tasks, making progress more attainable.

**S**pecific

What are your specific goals?  
Include what/where/when/who/why  
Include as much detail as possible

**M**esurable

How will you measure your progress?  
What evidence will you provide?  
How will you know when your goal is achieved?

**A**chievable

Is your goal going to challenge you but still be attainable?  
Make sure it is in your capabilities

**R**elevant

Is your goal relevant to your long-term ideas?  
Does it align with your values?  
Is there meaning or purpose to your goal?

**T**imed

When is the deadline for your goal?  
How long will it take you to achieve this goal?

