



SPECIFIC

What would you like to achieve?

Be sure and include detail words!



MEASURABLE

How will you know when you've reached your goal?

*What units will you use to track your progress?
Some ideas: number of hours practiced, calls logged, pounds lost, miles covered.*



ATTAINABLE

Is reaching your goal within your power?

What are some obstacles that might keep you from reaching your goal?



REALISTIC

Does your current lifestyle support the pursuit of this goal?

*If not, what changes do you need to make first to help ensure your success?
Some ideas: carve out time in your schedule, allocate money for training or supplies, find a babysitter, seek out a mentor.*



TIMELY

When exactly do you want to reach this goal?

*Name the date.
Set the timeframe.
Get after it!*