

# Getting S.M.A.R.T About Goal Setting

When setting your long term and short term goals, ensure each goal is a S.M.A.R.T goal:

- **S is for specific.** A goal should identify a specific action or event that will take place. The more specific you are, the easier it will be for you to determine if you have achieved your goal or not. Vague goals are also easier to disregard.
- **M is for measurable.** The description of a goal and the outcome should be quantifiable; meaning something you can measure or check off as complete.
- **A is for achievable.** A goal should be attainable given available resources.
- **R is for realistic.** A goal should challenge you but should still allow you to be successful.
- **T is for timely.** A goal should state the time period in which it will be accomplished.



## Staying on track to reach your goals

Now that you have set S.M.A.R.T goals, make a plan to stay on track by answering the following questions:

- How do I remind myself daily about my goals?
- How do I know if I am falling into old habits?
- My support system includes?
- How will I get back on track if/when I start to slip?
- What reminders do I need about my goals?