**SMART GOALS**

Describe your SMART goals and then follow through for satisfying results.

**S**PECIFIC: Clearly define your goals. Who? What? Where? Why? When?

**M**EASURABLE: How will you measure progress and success?

**A**TTAINABLE: What steps will you take to achieve your goal?

**R**EALISTIC: Are you (both) willing and able to work toward the goal?

**T**IME-BASED: How much time will it take to achieve your goal?