

SMARTEST GOALS

	BIG GOAL	SUB-GOAL(S)	TASK, ACTION
SPECIFIC – What is the end result of this goal?			
MEASURABLE – How do you know that you have reached your goal?			
ATTAINABLE – Is reaching this goal within your control?			
REFLECTION – How will you evaluate your progress towards this goal?			
TIME-BOUND – When will you achieve this goal?			
A good goal is also:			
ENTHUSIASTIC – Is your goal challenging and are you enthusiastic about it?			
SIGNIFICANT – What does reaching this goal mean to you?			
TRANSPARENT – Have you shared this goal to others?			