



SMART Goals

A SMART goal is:

Specific

A goal must be clear and concise. It is difficult to know when action on a goal has been started and when it has been completed if it is not specific.

Measurable

A goal must be measurable so that you can track your progress. You need to have clear criteria for progress and completion when taking action on a goal. Keeping tabs on progress can be inspiring.

Action Oriented

A SMART goal includes action. And, the action is in your direct control.

Realistic

Is the goal largely within your reach? It is best to work on small lifestyle changes that are do-able. Avoid the pitfall seeing only the big picture and not the small steps.

Timed

A SMART goal is tied to a timetable for completing specific, measurable and realistic action.