

# Smart Goals

Setting your goals using SMART can help you to achieve them.

## SMART stands for:

<b>Specific</b>	Be as clear as possible about what you want to do.
<b>Measurable</b>	How will you know when you've achieved it? How will you mark your progress?
<b>Actionable</b>	How likely is it that you'll be able to do this?  Does any part of your goal rely on chance, or the actions of someone else? If so, think about setting your goal around achieving the part you can do.
<b>Relevant</b>	How does this goal fit into your life right now? Is it fair to ask this of yourself?  If this goal isn't realistic for you right now, what else could you do?
<b>Time-Bound</b>	When will you aim to achieve this goal?  Having a date to work towards can help you stay motivated, but make sure to give yourself enough time.

### My Short-Term Goals

### My Long-Term Goals