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## 2014 SMART GOALS

*"Your life doesn't get better by chance. It gets better by change." - Unknown*

**A specific goal has a much greater chance of being accomplished than a general goal.**

NAME: \_\_\_\_\_

DATE: \_\_\_\_\_

<b>Specific</b> – What do you want to accomplish, who, what, when, where, and why?	
<b>Measurable</b> – How do you know when you met your goal? How do you measure progress?	
<b>Attainable</b> – Do you have resources to achieve this goal?	
<b>Realistic</b> – Is this goal something that you are willing and able to work towards?	
<b>Timely</b> – When do you want to achieve this goal?	