

# GOAL SETTING

<b>S</b>	<u><b>SPECIFIC</b></u> WHAT DO I WANT TO ACCOMPLISH?	
<b>M</b>	<u><b>MEASURABLE</b></u> HOW WILL I KNOW WHEN IT IS ACCOMPLISHED?	
<b>A</b>	<u><b>ACHIEVABLE</b></u> WHAT STEPS ARE NEEDED TO ACCOMPLISH THIS GOAL?	
<b>R</b>	<u><b>RELEVANT</b></u> WHAT WILL HAPPEN WHEN I ACCOMPLISH THIS GOAL?	
<b>T</b>	<u><b>TIME BOUND</b></u> WHEN WILL THIS GOAL BE ACCOMPLISHED?	