

GOAL:

Important: WHAT'S YOUR WHY? WHAT'S DRIVING YOU TO DO THIS? HOW WOULD YOU CONVINCe SOMEONE ELSE THIS IS A WORTHY GOAL?

WHY:

Specific

WHAT DO I WANT TO ACHIEVE?

WHAT DO I NEED TO ACHIEVE IT?

Measure

HOW WILL I MEASURE MY SUCCESS?

Attainable

HOW CAN I REALISTICALLY ACHIEVE THIS GOAL?

Relevance

HOW DOES THIS ALIGN WITH WHAT I WANT?

Time bound

WHAT TIME FRAME WILL I COMPLETE IT IN?

Remember A GOAL WITHOUT A PLAN IS JUST A WISH