

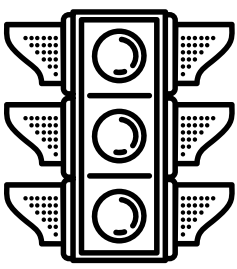
SMART GOALS

Develop specific measurable actions



SPECIFIC

It must be clear what you are going to do and who is doing it.



MEASURABLE

It must be clear when the action and its goal is achieved.



ACHIEVABLE

The action and its goal must be reachable.



RELEVANT

The goal matters and solves a problem.



TIMEBOXED

There is a deadline for the action.

TEMPLATE

In order to <reach a goal>(A, R) we will <do an action>(S) before <a point in time>(T). We know that we were successful when <measure a result>(M).