

# Setting S.M.A.R.T. Goals



"All who have accomplished great things have had a great aim, have fixed their gaze on a goal which was high, one which sometimes seemed impossible."

–Orison Swett Marden

**S**

Specific: what do I want to do?

**M**

Measurable: how will I track my progress?

**A**

Attainable: how will I do it?

**R**

Relevant: is this relevant to my life right now?

**T**

Time-bound: when do I want to do it?