



Smarter Goal Setting



S

Make it
Specific

What is your goal? Give details

M

Make it
Measurable

How will you keep track of your progress?
How will you measure it?

A

Make it
Action-
Oriented

What steps do you need to take to achieve
your goal? Think of time, skills, etc.

R

Make it
Realistic

Is this goal possible? Can it be done?

T

Make it
Timely

When will you achieve this goal? Set a
start and finish date.

E

Make it
Ethical and
Ecological

Is completing this goal good for all
stakeholders?

R

Make it
Rewarding

Ask yourself "why am I doing this?" Does it
align with your values?



Smarter Goal Setting



Action Plan—what steps do you need to take? Date

--	--

Potential Obstacles

--

Potential Solutions

--