

How to Set SMART Goals

1. Get SMART

What does SMART even stand for?

S - Specific

M - Measurable

A - Achievable

R - Relevant

T - Time-Bound

2. Find Accountability

Share your SMART goals with someone in your trusted network. Schedule check-ins with them to ensure you are staying on track to meet your goals.

3. Take Your Time

Make sure that your goal is meaningful to you and drives your motivation. Usually, you're more successful if you are intentional about your actions

4. Keep an Open Mind

Don't give up if you don't achieve your goal right away. Be persistent and keep working towards it. Don't be afraid to revise your SMART goal if needed.

For more tips on creating SMART goals, [click here](#)

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