

SMART Personal Goals

Goal #1

What:

By:

Goal #2

What:

By:

Goal #3

What:

By:

Letter	Major Term	Minor Terms
S	Specific	Significant, Stretching, Simple
M	Measurable	Meaningful, Motivational, Manageable
A	Appropriate	Attainable, Achievable, Agreed, Assignable, Actionable, Action-oriented, Ambitious
R	Realistic	Relevant, Results-focused/Results-oriented, Resourced, Rewarding
T	Time-bound	Time framed, Timed, Time-based, Timeboxed, Timely, Timebound, Time-Specific, Timetabled, Trackable, Tangible

*Source: http://en.wikipedia.org/wiki/SMART_criteria (with modifications)

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