

SMART GOALS

<p>Specific Goal: This is the place to take an overarching goal-“I want to be healthier,” and translate it to something more focused-“I want to eat healthier.” Then, get <i>very specific</i>-“I want to eat fresh vegetables twice a day at least 20 days this month.” Working on Metric and Time will help clarify specificity.</p>	
<p>Metric: How will you measure success toward your goal? What are the steps? Be specific about behaviors and any external metrics.</p>	
<p>Attainable: Can you reasonably accomplish this goal this month? Break down longer term goals into monthly SMART Goals.</p>	
<p>Relevance: How does this goal pertain to your values and overarching goals? Does it make sense to work toward this goal at this point in your life? Reassess relevancy each month, noting why the goal is important. Note any goals to postpone or discontinue due to irrelevancy or poor timing.</p>	
<p>Time Specific: When do you expect to accomplish this goal? For longer term goals, identify what you need to accomplish this month. Note when you will accomplish the longer term goal to keep yourself on track.</p>	

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