

# SMART Goal Setting

Use SMART goals to set yourself up for success!

**S**  
SPECIFIC

What exactly do I want to happen?

**M**  
MEASURABLE

How will I measure this goal? How will I know when I have achieved it?

**A**  
ATTAINABLE

Is the goal realistic? What will I need to accomplish it? (Outside help, skills, etc.?)

**R**  
RELEVANT

Is this goal worthwhile? Does it fit within guidance from my healthcare team?

**T**  
TIMELY

When will you achieve your goal? What's your deadline?

My goal is: