

SMART Goal Setting

It is important to set goals that your family can achieve. Following the steps below will help you meet your goal.

A goal is most helpful if it is:

S pecific

State in one sentence: *What* you are going to do; *Why* you are doing it and *How* you will do it.

M easurable

Set specific criteria so you can see that you are making progress toward your goals and know when the goal has been achieved

A chievable

Know what steps must be taken to achieve it

R ealistic

Can you reasonably expect to complete it? make sure the goal is not too easy or too hard... the goal should be challenging but not impossible

T imely

Set a time frame for when the goal will be achieved

Try writing your goal using the SMART steps:

