

**S.M.A.R.T. Goals**

**Specific:** State exactly what is to be done

**Measurable:** Include how the goal can be measured

**Actionable:** Determine steps to reach the goal

**Realistic:** Do not set goals for something unrealistic

**Time-Bound:** State when the goal will be met

**Goal:** I want to buy a new car

vs.

**SMART goal:**

Specific	Measurable	Actionable	Realistic	Time-bound
I want to save money for a down payment on a new car	I need to save \$5,000 for the down payment	I will save \$200 from every paycheck	I usually waste the money on piddly stuff so I can easily set aside \$200 each payday	I want to have the \$5,000 saved in two years

**NOW YOU:**

Specific	Measurable	Actionable	Realistic	Time-bound