

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:

Specific

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

Measurable

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

Achievable

Know what steps must be taken to achieve it

Realistic

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

Timely

Set a time frame for when the goal will be achieved

Try writing your goal using the SMART steps:
