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:

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SMART Goal Setting

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SMARTGoalSetting_RWB Revised: August 21, 2017