






SMART Goal Setting in 5 Easy Steps

Mnemonic	Description	Smart Goal	Criteria Met?
 <p><i>Specific</i></p>	Which, what, who, where, when, why		<input type="checkbox"/>
 <p><i>Measurable</i></p>	How much or how many		<input type="checkbox"/>
 <p><i>Attainable</i></p>	Describe a result		<input type="checkbox"/>
 <p><i>Realistic</i></p>	Realistic and relevant to the individuals business?		<input type="checkbox"/>
 <p><i>Time bound</i></p>	By when		<input type="checkbox"/>