

Your goal must be SMART. And it is going to be smart as far as all the letters in that acronym are fulfilled. Let's see together what they stand for.

Step 4 - Choose your goal SMART

S

SPECIFIC and also simple, sensible, significant:

M

MEASURABLE and also meaningful, motivating:

A

ATTAINABLE and also agreed, achievable:

R

RELEVANT and also reasonable, realistic, resourced:

T

TIME-BOUND and also time-limited, time-based, timely, time-sensitive:
