



SMART Goals

The Key to Sustaining Success is Creating Goals that Requires You to Level Up

	SMART Questions	SMART Answers
S SPECIFIC	What is the goal? What do I want to accomplish with this goal?	
M MEASURABLE	How will I know that I've accomplished the goal?	
A ATTAINABLE	What is the goal? What do I want to accomplish with this goal?	
R RELEVANT	Is this goal relevant to my life and/or career? How is it relevant to my life and/or career?	
T TIME-BOUND	What is my deadline to accomplish the goal?	

CHEAT SHEET FOR SOLVING PROBLEMS

What are the possible problems you might encounter on the road to reaching your goals?
What are the easiest ways to solve these problems?
What are the resources you can use to solve the listed problems?
Who are the people you can ask for help if you encounter these problems?
What are some inspirational words you'll turn to when problems become too difficult?