

# SET SMART GOALS

WOMEN  
WHO  
SLAY



**SPECIFIC:** IS YOUR GOAL CLEAR, DEFINED AND ALIGNED WITH WHAT YOU HAVE SET OUT TO ACHIEVE?



**MEASURABLE:** IS YOUR GOAL MEASURABLE WHERE YOU CAN CHART AND LOG YOUR PROGRESS?



**ATTAINABLE:** IS YOUR GOAL REACHABLE? ARE YOUR GOALS ACHIEVEABLE? DO YOU HAVE THE RESOURCES NEEDED OR MEANS TO GAIN THEM TO ACHIEVE YOUR OBJECTIVE?



**REALISTIC:** IS YOUR GOAL RELEVANT AND REASONABLE. DO YOU HAVE THE SKILLS CURRENTLY OR GENERAL INTEREST NEEDED TO WORK TOWARDS MAKING THEM HAPPEN?



**TIMELY:** IS YOUR GOAL TIME-BOUND WITH A SET DEADLINE FOR COMPLETION?

## 3 SMART GOALS I WILL FOCUS ON THIS WEEK



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