SMART Goals MICHIGAN STATE UNIVERSITY				Extension
<u>S</u> pecific	<u>M</u> easurable	<u>A</u> ttainable	R elevant/Realistic	<u>T</u> imely
Who? What? Where? When? Which? Why?	How much? How often? How many? How will you know when it is accomplished?	What attitudes, abilities, skills, and financial capacity do you need? What overlooked opportunities exist?	Is it important to you? Are you willing and able to work toward it? Do you truly believe it can be accomplished?	By when? What is the time frame?
	Specific Who? What? Where? When? Which?	SpecificMeasurableWho?How much?What?How often?Where?How many?When?How will you know whenWhich?it is accomplished?	SpecificMeasurableAttainableWho?How much?What attitudes, abilities, skills, and financial capacity do you need?Where?How many?capacity do you need?When?How will you know when which?What overlooked opportunities exist?	SpecificMeasurableAttainableRelevant/RealisticWho?How much?What attitudes, abilities, skills, and financialIs it important to you?What?How often?Are you willing and able to work toward it?Where?How many?Capacity do you need?to work toward it?When?How will you know when which?What overlooked opportunities exist?Do you truly believe it can be accomplished?