

SMART Goals

MICHIGAN STATE
UNIVERSITY

Extension

Purpose/Vision	<u>S</u> pecific	<u>M</u> easurable	<u>A</u> ttainable	<u>R</u> elevant/Realistic	<u>T</u> imely
What do you want to achieve?	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?