



Science shows that goals should be SMART

How to make goals SMARTER:

1. **Specific** – Specify what day &/or time, where, and how. Be precise, not vague.
2. **Measurable** – Specify how many, how often, or how much.
3. **Actionable (& Attainable)** – Choose the actions to take that will achieve the goal. Attainable goals are just the right size, with a bit of challenge and stretch, but not so out of reach as to be unrealistic.
4. **Relevant (& Rewarded)** – Choose goals that align with values and rewards for progress.
5. **Time Bound (or Targeted)** – set target dates with rewards for accomplishing them.
6. Even **SMARTER** goals are also **Evaluated & Reviewed**. –
 - **Evaluate** progress and continued relevance. Keep a goal master list visible and visual.
 - **Review** progress with weekly, monthly, and annual reviews to stay on track.

1. Specific when, where, how	2. Measurable how many, often, much, long	3. Actionable & Attainable break large goals down into next steps
4. Relevant & Rewarded align with values, reward progress	5. Time Bound & Targeted estimate target dates based on size & difficulty	6. Evaluate & Review commit to a regular review of progress
	

Example:

I will [do what] lose weight [how much] 10 lbs by [doing what] running on treadmill [when] every morning [for how long] 30 minutes [measured by] scales [by when] by target date of two months from today.

Image from <https://commons.wikimedia.org/wiki/File%3ASmart-goals.png> By Dungdm93

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