

Successful Goal Setting

Specific	Attach Numbers What will be different? How will you benefit? How will you know you have achieved it?
Measurable	What are the ACTIONS you need to take to achieve this goal?
Attainable	What is your action plan? Daily? Weekly? Monthly? Quarterly?
Realistic	What are you prepared to do to meet these action goals?
Timed	What is your timeline for attaining your goals?
Great	Aim high
Organized	What is the plan? Have a map to follow
Activities	Daily habits move you forward
Lifetime	Not a one-time thing. Keep challenging yourself and growing
Success	What does it look like to you? Make sure that it is your goal, not someone else's

