

## **S. M. A. R. T. GOALS**

**You should tell someone else about your goals, it helps to focus on them.  
Perhaps your Coach or Sponsor- your Parents (Or do you have a Mentor?)**

- S pecific - You (and your mentor) know exactly what the goal is!**
- M easurable - your progress towards the goal can be measured by yourself and others.**
- A ttainable - you are able to make progress and attain the goal.**
- R elevant - by attaining the goal, you will have achieved your desires, the GOAL is relevant to your development.**
- T ime frame - you have a clear understanding of when you expect to attain the goal.**

**You should also establish a “benchmark” to know where you started so you can begin to measure your progress.**

**Know where you are now.**