

Commitment to Follow Through

SMARTer Goals

What I want: goals I have identified.

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Choose one goal to SMARTen:

Specific

How can you make your goal more detailed and concrete?

Measurable

How will you know you've achieved the goal?

What metrics for success will you use?

Action-Oriented

What are three steps you can take toward your goal?

Realistic

Is this something you can reasonably achieve?

Is it too easy or too hard?

Time-Sensitive

What is your deadline? What are intermediate steps (milestones) you can set along the way?

