

"People with goals succeed because they know where they're going." – Earl Nightingale

Click to watch the VIDEO

SMARTS GOALS

S

"SPECIFIC"

What are your detailed goals?

M

"MEASURABLE"

How will you keep track of progress?

A

"ACTIONABLE"

What will you do? What is your plan?

R

"REALISTIC"

Are your goals attainable?

T

"TIMELY"

When will you review them?
When will you achieve them?

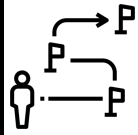
S

"SELF-DIRECTED"

Are they based on your own values?



LONG-TERM GOALS "Desired Outcome"



MID-TERM GOALS "Performance Chunks"



SHORT-TERM GOALS "Daily Actions"

