**SMART Goals**
Handout

**Specific**
- Is your goal well defined?
- Do you have short term goals to help you reach your long term goals?

**Measurable**
- Do you have steps you can check off on your way to your goal?
- Did you set a "score" for yourself? (80% of the time, twice a week)

**Action Oriented**
- Is this something you can work toward?
- Will you be able to track your progress toward this goal?

**Realistic**
- Is this something you can actually achieve?
- Have you looked at your past successes to decide if this goal is realistic?

**Time-framed**
- Do you have enough time to complete your goal?
- Did you set a time limit to have your goal completed?