

IS YOUR DAILY GOAL **S. M. A. R. T.** ?

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| S | SPECIFIC: State exactly what you want to accomplish |
| M | MEASUREABLE: State how will you show your goal is met. |
| A | ACHIEVABLE: Make sure you're goal is challenging but realistic. |
| R | RELEVANT: Make sure your goal connects to your current learning opportunity and targets. |
| T | TIMED: State when you want to accomplish your goal. |