SMART Goals

S - Specific: The more specific the goal, the more clearly you will know whether or not you are making progress.

M - Measurable: There must be a way to measure whether or not a goal is being achieved.

A - Attainable: There should be a reasonable chance a particular goal is actually possible.

R - Relevant: Of course, the goal should be directly related to the accomplishment of your plans, hopes, and dreams.

T-Timebound: There is nothing like a deadline to drive key goals to completion.

