

# SMART GOALS

Further define your goal by running it through the SMART criteria. This will help ensure that your goals are clear, focused, and actionable. If your goal does not fit each of these criteria, take the time to re-evaluate and reframe it. If you feel stuck, a discussion with a coach or trusted friend can offer a fresh perspective.

<b>S</b>	<b>SPECIFIC</b>  What specific outcome do you want to achieve? Is your goal clear and concise?	
<b>M</b>	<b>MEASURABLE</b>  How will you track progress? What are key performance indicators (KPIs)?	
<b>A</b>	<b>ACHIEVABLE</b>  Is the goal realistic given your resources, skills and support?	
<b>R</b>	<b>RELEVANT</b>  Does the goal align with your personal values and long-term growth? Is now the right time to pursue this goal?	
<b>T</b>	<b>TIME-BOUND</b>  When will you begin working on the goal? What are milestones along the way?	

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Brain trainer, Jim Kwik goes one step further and suggests that your goals also have HEART and meet these criteria:

<b>H</b>	<b>HEALTHY</b>  How does this goal support your well-being and emotional health?	
<b>E</b>	<b>ENDURING</b>  In what ways will this goal help you build your future self?	
<b>A</b>	<b>ALLURING</b>  Why is this goal is so exciting or engaging? What about it is pulling you in?	
<b>R</b>	<b>RELEVANT</b>  Does this goal relate to a challenge or live at the core of your values?	
<b>T</b>	<b>TRUTH</b>  Is this goal something you truly want or is this goal more important to someone else?	