

S.M.A.R.T. GOALS

- S** = specific: concrete, tangible steps and goals
M = measurable: how you'll know you've completed this goal, a tangible result
A = achievable: something you are capable of doing
R = realistic: something you can do given everything else in your life
T = time-limited

Some examples are:

1. I will lose 20 lbs. by August 3, 2005.
2. I will have a minimum of 5 new paying clients by August 3, 2005.
3. I will create a first draft of my business card and brochure by August 3, 2005.

These are not S.M.A.R.T. goals:

1. I want to be healthier.
2. I want to be a millionaire.
3. I will work on marketing.

Write 3 S.M.A.R.T. Goals.

1. _____

2. _____

3. _____

