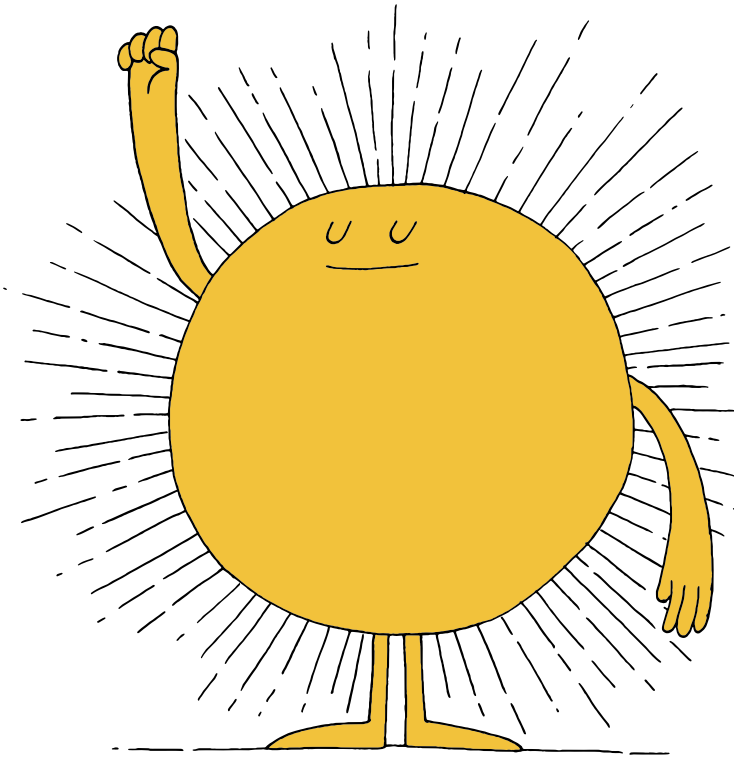# A **SMART** guide to goal setting

Big or small, long range or immediate, when it comes to tackling anything, it is useful to set **SMART** goals.

S
is for specific

← Be as clear as you can about what you want to accomplish.

M
is for measurable

← Decide how you will know when you've reached your goal.

A
is for attainable

← Are your goals realistic? Are you set up to succeed?

R
is for relevant

← Note if, and how, what you are trying to achieve connects to your life.

T
is for time-related

← When will you take action? Set a date by which you plan to achieve your goal.