

# S.M.A.R.T GOALS

## SPECIFIC

What exactly do you want to achieve?

## MEASUREABLE

How will you know when you've achieved it?

## ACHIEVEABLE

How will you accomplish this goal? What resources will you need to achieve your goal? How will you get those resources?

## REALISTIC

Is your goal and timeframe realistic for the plan you have established?

## TIME-BOUND

What is your deadline? When will each step be completed? Break your overall goal into mini steps and assign a due date to each.

Mindful Medicine