SMART Goals Explained

S

Specific

Clear and precise objectives.

Avoid vague or ambiguous language.

Answers the questions: What, Why, and How. M

Measurable

Goals should be guantifiable.

Use metrics, numbers, or criteria.

Helps you track progress and success. A

Achievable

Set realistic and attainable goals.

Consider resources and constraints.

Avoid demotivating overambitious goals. R

Relevant

Align goals with your role and organization.

Ensure they contribute to growth.

Goals should be pertinent to your circumstances. Т

Time-bound

Set a specific timeframe for completion.

Adds urgency and accountability.

> Avoid goals lingering indefinitely.

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