pecific: SMART Goals Outline

	Specific:	
8	Who, What, When, Where, Which, Why	
	Measurable:	
	How Much, How Many, How Fast	
	Attainable:	
$\triangle$	What is possible to accomplish	
	Relevant:	
	Does it fit with the long-term goals and values.	
	Time-Bound:	
	When do you want to achieve this by?	