




*By failing to prepare, you are preparing to fail.*

-Benjamin Franklin



## SMART Goals

The key to success lies in preparation! This method provides an excellent framework for your goals, ensuring that you have all the essential elements to construct them properly and, ultimately, succeed. 

<b>S</b> Specific	State your specific goal:
<b>M</b> Measurable	How much, how many, how far, how often:
<b>A</b> Attainable	Outside resources and support:
<b>R</b> Realistic	Safe and obtainable:
<b>T</b> Timely	End date; Time limit:
<b>A</b> Accountability (optional)	<i>Accountability Partner; How often and when:</i>

