

SPECIFIC

Clear and precise goals that outline exactly what is to be achieved.



MEASUREABLE

Goals that include criteria to track progress and determine when they are accomplished.



A CHIEVABLE

Realistic goals that can be accomplished within the given resources and constraints.



REALISTIC

Goals that align with objectives and content and are significant to the individual's or organization's success.



TIMELY

Goals with a defined deadline to create a sense of urgency and timeline for completion.