



JoAnn Sheffield
EMPOWERMENT COACHING

S.M.A.R.T. GOAL

Specific: Clearly state what it is you want to accomplish.

Measurable: How will you demonstrate and evaluate that the goal has been accomplished?

Attainable: To what extent is it stretching while also realistically achievable?

Relevant: Why is this goal important to you? What will it mean to you when accomplished?

Time-Specific: Give it a deadline