



# S.M.A.R.T. Goals

**S.M.A.R.T. Goal:**

**Framework**

- Attitude:
- Performance:

**Support**

- Attitude:
- Performance:

**Accountability**

- Attitude:
- Performance:

	Framework	Support	Accountability
Attitude			
Performance			

In order to make progress on your “S.M.A.R.T. Goal” you will need to create a “*Framework*” (Guidelines for the right Attitude & Performance); establish “*Support*” (Resources to help you achieve the right Attitude & Performance); seek out “*Accountability*” (Coaching for a consistency in Attitude & Performance).

**S.M.A.R.T.** = Specific; Measurable, Attainable; Relevant; Time Deadline