## My Goal:

**Specific** - What, *exactly*, is it that I want to achieve?

**Measurable** – How will I know I've achieved it?

**Attainable** – What is my realistic desire (10) x the possibility (10) = (100)

**Relevant** - Why am I doing this? Is it *really* what I want?

**Time Bound** - When will I achieve this by?