Specific

Measurable

Achievable

Relevant

Time-Bound

S What exactly do I want to accomplish?

M How will I track my progress so I'll know when I've achieved my goal?

A Do I have the skills and recourses to achieve my goal? What steps do I need to make my goal achievable?

R Why is this goal and it's outcome important to me?

T When will each step towards my goal be complete? What is a realistic end date for my goal?