

S: Specific. What are you trying to achieve? The result of your efforts. Tasks should include items that are also --

M: Measurable. How are you going to quantify your success and progress? In terms of money? Lowering or increasing scores on a test?

A: Achievable. If your goal is to grow wings and fly away then you're just setting yourself up.

R: Realistic. You aren't going to play professional basketball if you are only 5' tall. But you may have other options for your athletic talents.

T: Time limited. What time frame are we looking at? What date are you aiming for?

30 day	6 months
12 months	3 years

Areas of life to set goals in: Health, financial, technological needs, family, education, mental health, travel, professional, etc