

Smart Goal Assessment

S

Specific: who, what, where and when of your goal

M

Measureable: see, hear and feel when your goal is achieved

A

Attainable: is the goal actually possible

R

Realistic: don't make the goal so big that you lose motivation

T

Timing: must have a deadline for your goal

Once you have gone through these steps of breaking down your larger goal you can break it down into daily task that will put you on the path to achieving your goal. Good luck and happy chunking!!