



SMART GOAL SETTING

Created By:
Allie Perugini, Embark Mental Performance

SPECIFIC → Clear and well-defined;
Not broad or vague

MEASURABLE → Able to
evaluate or
measure progress

ACTIONABLE → Ability to create
a plan of attack
to achieve the goal

REALISTIC → Feels achievable

TIME-BOUND → Has a specific
timeline or
deadline for
completion

WHY SET GOALS?

Boosts self-confidence

Keeps motivation levels high

Increases commitment and accountability

IMPORTANT TIPS!!!

- Make goals **specific**
- Have a **support system**
- Create both **competition and practice** goals
- Goals should feel slightly challenging but **realistic**
- Set **positive** goals, focusing on what you want to accomplish
- **Write goals down** and keep where you'll see them!

CREATE YOUR OWN

- ✓ What is your specific goal?
- ✓ How will you measure your progress?
- ✓ HOW will you achieve it?
- ✓ When do you want to achieve it by?