

## **SMART Goals Matrix**

S	Specific	What exactly will you do?
М	Measurable	How will you measure your goal?
Α	Achievable	Do you have the skills/resources to accomplish your goal?
R	Relevant	What is the reason for pursuing your goal?
Т	Time-bound	How much time will you need to achieve your goal?



Co-funded by the Erasmus+ Programme of the European Union The European Commission support for the production of this publication does not constitute an endorsement of the contents which reflects the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein.