**Between Module Activity SMART Goals**

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| S Specific: Define your goal in as much detail as possible. Think about who, what, where and when |

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| M Measurable: How will you track your progress and know if you have achieved the goal? |

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| A Action: What steps will you take to achieve your goal? Consider skills/strategies/tools |

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| R Relevant: Is your goal achievable? How might this make an impact? |

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| T Time-Oriented: What time frame will you give yourself? |