**Between Module Activity SMART Goals**

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

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

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

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

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