# SMART Wellbeing Goals

When setting goals, make sure they follow the SMART structure.
Use the questions below to create your goals.

## S

### Specific

What do I want to accomplish?

## M

### Measurable

How will I know when it is accomplished?

## A

### Achievable

How can the goal be accomplished?

## R

### Relevant

Does this seem worthwhile?

## T

### Time bound

When can I accomplish this goal?

komodo