S — **Specific**

What do you want to accomplish?

M — **Measureable**

How will you know when you have accomplished it?

A — **Attainable**

How can you accomplish the goal?

R — **Relevant**

Why is this goal important to you?

T — **Time-Bound**
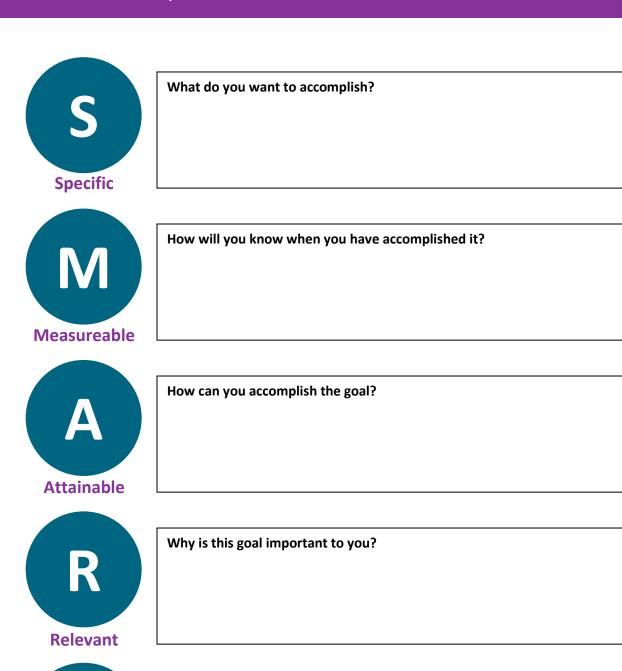
When will you be able to accomplish the goal?

Washington State Department of
CHILDREN, YOUTH & FAMILIES

Adapted from Economic Mobility Pathways (EMPath)