

WHAT IS A S.M.A.R.T. GOAL?

Before starting the process of establishing 5F goals, review the **S.M.A.R.T. goal process:**

- **Specific** – what do you want to accomplish?
- **Measurable** – how long and when? How often? How much or how many?
- **Achievable** – it should be a stretch, but can it be reached or accomplished?
- **Relevant** – is it worthwhile and will it lead to transformation?
- **Time bound** – how long will it take? What will you need to do each day, week, etc.?



Great example: I will wake up at 6:00 am every weekday to read God's Word and pray for 30 minutes. I will read through the New Testament in 12 months.

Poor example: I want to read my Bible more.