

# Setting SMART+R Goals

<b>SMART Goal</b>	Specific, Measurable, Achievable, Results-oriented, Time-bound	↗		↑		↗	
<b>Indicator</b>	Milestones and progress markers	↘		↘		↘	
<b>Measure</b>	Tools for evaluating progress and improvement						
		↑	↑	↑	↑	↑	↑
<b>Target</b>	Performance metrics						
		↑	↑	↑	↑	↑	↑
<b>Reward</b>	Sustaining motivation and encouraging growth						