

Your Commitment or Goal

The Question to Ask

Specific

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- Is this commitment specific?
- Would others understand what this commitment means without an explanation?

Measurable

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- Is there a way to measure progress toward the goal?
- Are there easily measurable numbers in the commitment?

Accountability

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- Are others significantly interested in the outcome?
- Have I set the goal so that I have accountability to another person or event?

Realistic (to you)

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- Am I determining how realistic it is on MY terms?
- Do I truly believe (perhaps in a perfect world) that I can and will achieve this?

Time specific

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- Have I set a time and date for the goal's completion?
- Did I pick a reasonable but aggressive time for completion (not too soon, and not too far out)?