

ABAR SMART GOALS

Setting realistic, equitable & achievable outcomes.

My goal is:

S
SPECIFIC

What do I want to happen?

Who is being silenced? Whose voice isn't being heard?

M
MEASUREABLE

How will I know when I have achieved my goal?

Who Benefits? Who is Burdened?

A
ATTAINABLE

Is the goal realistic and how will I accomplish it?

What criteria is being used?

R
RELEVANT

Why is my goal important to me?

Where do I see this in society? what's the sociopolitical context?

T
TIMELY

What is my deadline for this goal?

Who is part of the decision-making?