



**S**

**SPECIFIC**

**What are your specific writing goals for this year?**

**G**

**M**

**MEASUREABLE**

**How much time will you spend on your writing goals monthly/ weekly/ Daily?**

**O**

**A**

**ATTAINABLE**

**When considering your other responsibilities, can you realistically achieve these daily, weekly, and monthly writing goals?**

**A**

**R**

**RELEVANT**

**Are these goals relevant to the vision you have for yourself as a writer?**

**L**

**T**

**TIME**

**Do your writing goals have specific timelines and realistic due dates throughout the year?**

**S**

“Being consistent is the hardest thing for individuals to do, but it is most important toward building a habit. Stating the amount of time that will be spent or the number of words that will be written will help even when emergencies pop up and delays are encountered. Getting back on track is much easier when a specific measured goal is already in place.”

**Cassandra Ulrich**



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