

# SMART GOALS

## S-M-A-R-T Goals the Sorting Through Hoarding Way



### Specific / Small

- Give your decluttering goal specific parameters.
- Keep to a small area.



### Measurable / Maintenance

Know how you will

- measure progress
- describe completion
- maintain your gains



### Achievable / Accountable

Be sure you know

- what skills or resources are required
- who you will be accountable to, and how



### Relevant / Ready

Be sure that

- the goal you're working on is a priority
- you're emotionally prepared to work on this goal



### Target Area / Timely

Be sure you

- come back to the target area until you reach your goal
- can realistically reach your goal in the time you have set