

SMART Goalsheet

S

SPECIFIC

WHAT DO I WANT TO ACCOMPLISH?

M

MEASURABLE

HOW WILL I KNOW IF I GOT THERE?

A

ACHIEVABLE

HOW CAN IT BE ACHIEVED? DO I HAVE THE NECESSARY RESOURCES/SKILLS?

R

REALISTIC

WHAT IS THE PURPOSE OR BENEFIT OF ACCOMPLISHING THIS GOAL?

T

TIME-BOUND

BY WHAT DATE WILL I ACHIEVE IT?

_____ / _____ / _____