

SMART Goal Template

SMART Goals are designed to help you identify if what you want to achieve is realistic and to determine a deadline for it. When writing SMART Goals use concise language and include relevant information. These are designed to help you succeed, so be positive when answering the questions.

Initial Goal (Write the goal you have in mind):

1. Specific (What do you want to accomplish? Who needs to be included? When do you want to do this? Why is this a goal?):

2. Measurable (How can you measure progress and know if you've successfully met your goal?):

3. Achievable (Do you have the skills required to achieve the goal? If not, can you obtain them? What is the motivation for this goal? Is the amount of effort required on par with what the goal will achieve?):



4. Relevant (Why am I setting this goal now? Does it align with who I want and need to be?):

5. Time-bound (What's the deadline and is it realistic?):

SMART Goal (Review what you have written, and craft a new goal statement based on what the answers to the questions above have revealed):

Milestone(s) and Deadline(s):

