

SMART Goals

Turn your dream/vision for your future into a SMART goal!

What is your dream/vision for your future?

Specific. What will this goal accomplish? How and why will it be accomplished?

Measurable. How will you measure whether or not the goal has been reached? List at least two indicators.

Achievable. Is it possible? Have others done it successfully? Do you have the necessary knowledge, skills, abilities and resources to accomplish your goal?

Results-focused. What is the reason, purpose, benefit of accomplishing the goal? What is the result (nota activities leading up to the result) of the goal?

Time-bound. What is the established completion date and does the completion date create a sense of urgency?

Restate your goal in one to two complete sentences.