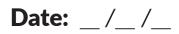
S.M.A.R.T. GOALS WORKSHEET



Completing this worksheet is designed to help you identify if what you want to achieve is realistic and set a deadline. When writing S.M.A.R.T. goals use concise language but include relevant information. These are designed to help you succeed, so be positive when answering the questions.

5	SPECIFIC - What do you want to accomplish? Who needs to be included? When do you want to do this? Why is this a goal?
Л	MEASURABLE - How can you measure progress and know if you've successfully met your goal?
4	ACHIEVABLE - Do you have the necessary skills? If not, can you acquire them? What motivates this goal? Will the effort match the expected outcome?
R	RELEVANT - Why am I setting this goal now? Is it aligned with overall objectives?
Г	TIME-BOUND - What's the deadline and is it realistic?
	DAL - Review what you have written, and craft a new goal statement based on what the he questions above have revealed.

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