SMART Goals Worksheet

Goal:

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______________________________________________________________________________

1. **Specific.** What will the goal accomplish? How and why will it be accomplished?
   
   __________________________________________________________________________
   __________________________________________________________________________
   __________________________________________________________________________

2. **Measurable.** How will you measure whether or not the goal has been reached (list at least two indicators)?
   
   __________________________________________________________________________
   __________________________________________________________________________
   __________________________________________________________________________

3. **Achievable.** Is it possible? Have others done it successfully? Do you have the necessary knowledge, skills, abilities, and resources to accomplish the goal? Will meeting the goal challenge you without defeating you?
   
   __________________________________________________________________________
   __________________________________________________________________________
   __________________________________________________________________________

4. **Results-focused.** What is the reason, purpose, or benefit of accomplishing the goal? What is the result (not activities leading up to the result) of the goal?
   
   __________________________________________________________________________
   __________________________________________________________________________
   __________________________________________________________________________

5. **Time-bound.** What is the established completion date and does that completion date create a practical sense of urgency?
   
   __________________________________________________________________________
   __________________________________________________________________________
   __________________________________________________________________________

Revised Goal:

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Source: UHR, Employee Development
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