**SMART Goals: Guidelines for making them SMARTer**

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| ***Write Your Goal Here:***  |
| ***Use these questions to check your goal for SMART components*** |
| 1. **Specific.**

What will the goal accomplish? How and why will it be accomplished?  |
| 1. **Measurable.**

What indicators will be used to measure results? How will you know you are making progress along the way?  |
| 1. **Achievable.**

Is this goal attainable? What knowledge, skills, abilities, and resources are needed to accomplish this goal? Will the goal be challenging without being daunting and overwhelming?  |
| 1. **Results-focused.**

What is the reason, purpose, or benefit of accomplishing the goal? What is the result and desired outcome targeted?   |
| **5. Time-bound.** Does the target completion date create a practical sense of urgency? Are there dates for benchmarks along the to check progress toward the goal?  |
| ***Edit your goal and enter the revised SMART Goal here:*** |