

Exercise: Evaluate Your Goal

Instruction: Think of a recent goal you've set or received. Write it down, then rate it on each SMART criterion from 1 (Needs Improvement) to 5 (Excellent).

Specific: Is it clear and precise?	1	2	3	4	5
Measurable: Can you track progress?	1	2	3	4	5
Achievable: Is it realistic with your resources?	1	2	3	4	5
Relevant: Does it align with broader objectives?	1	2	3	4	5
Time-bound: Is there a deadline?	1	2	3	4	5
Total Score	/ 25				

If your goal scored low in any area, how could you improve it? Take a minute to refine your goal to make it SMARTer.