**SMART GOALS WORKSHEET**

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| **Write your goal here:** |

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| Specific | * *Detailed, particular, focused?* |
| Measurable  Meaningful | * *How much? How many? How will you know when you’ve achieved it?* |
| * *Does it align with my values?* |
| Action-oriented  Achievable | * *Indicates activity and performance?* |
| * *Within my reach?* |
| Realistic  Responsible | * *Practical and possible?* |
| * *Who/ what else does this goal affect?* |
| Timed  Toward what you want | * *Deadlines?* |
| * *What do I really want?* |

* Define your goal; test its viability and impact; measure the achievement.
* Set your goals high, but not unattainable.
* Shoot to meet, and exceed them.
* You will be inspired to go to new heights.

Adapted from: How to Set SMART Goals: WikiHow

**This resource was created by The Career Hub at Conestoga College**