**SMART Goals Worksheet**

**2**

**Self-Assessment**

Write your goal here:

blah blah blah

**S**

**peciﬁc**

Detailed, particular, focused?

My goal is specific because…

**M**

**easurable and Meaningful to You**

How much? How many? How will you know when you’ve achieved it? Does it align with my values?

My goal is measurable because…

**A**

**ction-Oriented and Achievable**

Indicates activity and performance? Within my reach?

My goal is actionable because…

**R**

**ealistic and Responsible**

Practical and possible? Who/ what else does this goal aﬀect?

My goal is realistic because…

**T**

**imed Toward What You Want**

Deadlines? What do I really want?

My goals is time specific because…

� 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.

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

*Adapted from: How to Set SMART Goals: WikiHow*