**2**

**Self-Assessment**

**SMART Goals Worksheet**

Write a SMART Goal here:

Type out your goal here...

**S**

**peciﬁc**

How is my goal detailed, particular and focused?

My goal is specific because…

**M**

**easurable and Meaningful to You**

How can my goal be measured? How will I know when I have achieved it?

My goal is measurable because…

**A**

**ction-Oriented and Achievable**

Is my goal something that I can take action towards? Is it something I am doing?

My goal is actionable because…

**R**

**ealistic and Responsible**

Is this something that I can take action towards? Is it practical and possible? Is it within my reach?

My goal is realistic because…

**T**

**imed Toward What You Want**

Does the goal mention a specific timeline, deadlines or dates??

My goal 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*