

SMARTER

Your template to help you set SMARTER goals.

S	SPECIFIC	M	MEASURABLE	A	ACHIEVABLE
	QUESTIONS TO CONSIDER		QUESTIONS TO CONSIDER		QUESTIONS TO CONSIDER
	<ul style="list-style-type: none">• What do I want to accomplish?• Why is this goal important?• Who (if anyone) will I need help from to achieve this?		<ul style="list-style-type: none">• How much?• How many?• How will I know when it is accomplished?		<ul style="list-style-type: none">• How can I accomplish this goal?• Which resources or limits are involved?• How realistic is the goal based on constraints?
	WRITE YOUR GOAL HERE		WRITE YOUR UPDATED GOAL HERE		WRITE YOUR UPDATED GOAL HERE

SMARTER

Your template to help you set SMARTER goals.

R

RELEVANT

T

TIME-BOUND

E

EVALUATE

QUESTIONS TO CONSIDER

- Does this align with my core values?
- Is this the right time?
- Does this match my other needs?
- Is it applicable in the current socio-economic environment?

QUESTIONS TO CONSIDER

- When?
- What can I do 6 months from now in relation to this?
- What can I do 6 weeks from now in relation to this?
- What can I do today in relation to this?

QUESTIONS TO CONSIDER

- How often do I need to evaluate my progress with this goal?
- What can I use to evaluate my progress objectively?
- Who can hold me accountable if I'm off track?

WRITE YOUR UPDATED GOAL HERE

WRITE YOUR UPDATED GOAL HERE

WRITE DOWN YOUR EVALUATION PLAN HERE

SMARTER

Your template to help you set SMARTER goals.

R

REVIEW

Once goal is completed or once date for step "T" has passed.

WHAT DID I DO WELL?

WHAT COULD I DO BETTER?

Great Job! Now keep setting SMARTER goals!