

What is the goal?

What are you trying to accomplish or change?

Why is the goal important?

What is your motivation to follow through?

SMART goal checklist

Specific

Is the goal clearly written? Does it identify who accomplishes the goal and support expected?

Measureable

Does the goal answer how many, how much, and/or how often?

Achievable

Is there the available support and resources necessary to achieve the goal? Is it realistic?

Relevant

Will the goal make a meaningful difference in what we want to change?

Time-Bound

Does the goal state a clear and specific completion date?

Final SMART Goal

What is your SMART goal?

Potential barriers

What could stop you from achieving your SMART goal?

Goal completion date

What is your target date for your goal?

What date did you accomplish your goal?
