

S.M.A.R.T. Goal Questionnaire

Goal:

1. **S**pecific. What will the goal accomplish? How and why will it be accomplished?

2. **M**easurable. How will you measure whether or not the goal has been reached (list at least two indicators)?

3. **A**chievable. Is it possible? Have others done it successfully? Do you have the necessary knowledge, skills, abilities, and resources to accomplish the goal? Will meeting the goal challenge you without defeating you?

4. **R**esults-focused. What is the reason, purpose, or benefit of accomplishing the goal? What is the result (not activities leading up to the result) of the goal?

5. **T**ime-bound. What is the established completion date and does that completion date create a practical sense of urgency?

Revised Goal:
