

SMARTER

Your template to help you set SMARTER goals.

S **SPECIFIC**

QUESTIONS TO CONSIDER

- What do I want to accomplish?
- Why is this goal important?
- Who (if anyone) will I need help from to achieve this?

WRITE YOUR GOAL HERE

M **MEASURABLE**

QUESTIONS TO CONSIDER

- How much?
- How many?
- How will I know when it is accomplished?

WRITE YOUR GOAL HERE

A **ACHIEVABLE**

QUESTIONS TO CONSIDER

- How can I accomplish this goal?
- Which resources or limits are involved?
- How realistic is the goal based on constraints?

WRITE YOUR GOAL HERE

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R **RELEVANT**

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?

WRITE YOUR GOAL HERE

T **TIME-BOUND**

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?

WRITE YOUR GOAL HERE

E **EVALUATE**

QUESTIONS TO CONSIDER

- Is this goal still relevant to me?
- Does this goal still align with my values?
- Is this goal still relevant to the socio-economic environment?

WRITE YOUR GOAL HERE

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R

REVIEW

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

WHAT DID I DO WELL?

WHAT COULD I DO BETTTER?

Great Job! Now keep setting SMARTER goals!