





Make your Own SMART Goals

In the third column write in the details to your own SMART goal. Keep in mind the details given in the second column.

<p>Specific</p> 	<p><u>Answer the 5W's:</u></p> <ul style="list-style-type: none"> • Who's involved? • What do I want to accomplish? • When do I want to achieve this? • Where does my goal take place? • Why is the goal important? 	
<p>Measurable</p> 	<ul style="list-style-type: none"> • What form of measurement are you going to use to determine if you've met the goal? 	
<p>Achievable</p> 	<ul style="list-style-type: none"> • The goal is meant to inspire motivation. Think about how to accomplish the goal and if you have the tools/skills needed. 	
<p>Relevant</p> 	<ul style="list-style-type: none"> • The goal needs to align with your subject objective. 	
<p>Time-Based</p> 	<ul style="list-style-type: none"> • Ask specific questions about the goal deadline and what can be accomplished within that time period. 	