SMART goals worksheet



Creating SMART goals & objectives

	Specific - what, where & now?
	A specific goal defines as much of the goal as possible, and contains no ambiguous language.
5	
	Measurable
	Every goal must be able to be measured - when will you know that you have achieved it?
M	
	Assignable - who?
•	Goals must be assignable to individuals or teams
A	
	Realistic
_	Realistic goals are challenging but achievable in the allotted timeframe. Feasible.
R	
	Time-bound
	The time frame should be challenging, but realistic
Т	
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