

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

Goal:

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1. Specific. What will the goal accomplish? How and why will it be accomplished?

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

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3. Achievable. 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?

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4. Results-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?

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

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Revised Goal:

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