

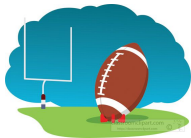
S.M.A.R.T. Goal Questionnaire



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



Achievable - Is it possible? Have others done it successfully? Do you have all the information you need to accomplish the goal? Do you have the necessary knowledge, skills, abilities, and resources to accomplish the goal?



Realistic - 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?



Timely - . What is the established completion date and does the completion date create a practical timeline?



Specific - How will my goal look when I have achieved it? Make your statement firm by stating "I will".