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

Goals:

**Specific.** What will these goals accomplish? How and why will they be accomplished?

**Measurable.** How will you measure whether or not your goals have been reached?

**Achievable.** Is it possible? Do you have the necessary resources to accomplish your goals? Will meeting your goals be challenging yet possible?

**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 your goals?

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

Revised Goal: