

# S.M.A.R.T GOAL PLANNING WORKSHEET

## GOAL:

Specific	<ul style="list-style-type: none"><li>• What do I want to accomplish?</li><li>• Why do I want to achieve this goal?</li></ul>
Measurable	<ul style="list-style-type: none"><li>• How will I track and measure my progress?</li><li>• How will I know when I have accomplished my goal?</li></ul>
Achievable	<ul style="list-style-type: none"><li>• What additional resources do I need to achieve this goal?</li><li>• How am I going to obtain these resources?</li></ul>
Realistic	<ul style="list-style-type: none"><li>• Is this a worthwhile goal?</li><li>• How will meeting this goal help me?</li></ul>
Time	<ul style="list-style-type: none"><li>• How long will it take me to reach my goal?</li><li>• Is there a deadline date I need to meet?</li></ul>



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