

EPY 150 - SMART GOALS - Worksheet

CRITERION	Goal #1	Goal #2	Goal #3
<u>Specific:</u> <ul style="list-style-type: none"> • Goal should be written clearly • Goals should relate to a particular idea (not vague or general.) 			
<u>Measurable:</u> <ul style="list-style-type: none"> • How do you know that the goal can be accomplished – you must be able to measure it. 			
<u>Attainable:</u> <ul style="list-style-type: none"> • Goal should be reasonable and achievable. • Don't make a goal that will take 10 years to accomplish. 			
<u>Relevant:</u> <ul style="list-style-type: none"> • Goals should be useful and relevant. • Avoid goals that don't mean anything or are unrelated 			
<u>Time-Bound:</u> <ul style="list-style-type: none"> • Goals needs a time frame. • Time frame cannot be open-ended 			