

# SMART GOAL WORKSHEET

Component	Description	My Goal
<b>S - Specific</b>	The goal is focused, clearly stated and there are enough details to provide a clear picture of what is desired.	
<b>M - Measurable</b>	The goal must be quantifiable with results that are measurable.	
<b>A - Attainable</b>	The goal can be achieved based on your skills, resources and area of practice.	
<b>R - Relevant</b>	The goal is applicable to your current role and clearly linked to your responsibilities in that role.	
<b>T - Time Bound</b>	A timeline and deadline are associated with the goal.	
<b>My Completed SMART Goal Statement:</b>		

