

SMART GOALS HANDOUT

Specific

What do you want to achieve?
Where will you focus your efforts?

Measurable

How do you plan to measure progress toward the goal?
How will you know you have arrived at the goal?

Attainable

Do you have the resources to achieve the goal?
Are there barriers that might prevent achieving this goal?

Relevant

Is this important for your community?
Does this matter or bring benefit?

Time Framed

When do you want to achieve your goal?
What is the target date for accomplishing the goal?