SMART Goal Worksheet

SMART goals help you create specific goals that can be measured and have a timetable to achieve them. These process can be used to help students create goals when planning for career success.

Specific: What exactly will you accomplish?


Measurable: How will you know when you have reached this goal?


Achievable: Is achieving this goal realistic with effort, time, and commitment? Have you got the resources to achieve the goal? If not, how will you obtain the necessary resources?


Relevant: Why is this goal significant to your career plan or life goals?


Timely: By when will you have achieved this goal?


