

What is a SMART goal?

A SMART goal is one that is specific, measurable, achievable, realistic, and time-bound. In order to ensure you achieve your next goal, use this worksheet to rewrite your goals to ensure they meet these criteria.

Example Original Goal: "I want to earn a college degree!"

Example SMART Goal: "I want to earn my bachelor's degree in Sociology from Ashford University. I will begin studying in October and will contact my Admissions Counselor by Friday to sign up for courses."

Your Original Goal: _____

Specific: *What action or step do you want to take?*

Measurable: *How will you track this goal to know you are making progress?*

Attainable: *How will you ensure you will complete this goal? Is this goal within your control?*

Realistic: *Are you willing and able to work toward this goal?*

Timely: *When will you accomplish this goal?*

Your New Goal: _____
