

SMART

Specific Measurable Attainable Realistic Timely

The following checklist will assist you in ensuring that the goal you have created is a SMART Goal. You should be able to answer each of the questions below with a YES. If you cannot, you need to work on your goal to transform it into a SMART Goal.

- ✓ Is the goal clearly future oriented?
- ✓ Is the goal realistic?
- ✓ Will the goal challenge me?
- ✓ Will this goal help me become more independent?
- ✓ Will this goal require me to make a personal investment of time, energy & effort?
- ✓ Will this goal contribute to my growth and development?
- ✓ Is this goal achievable within the time-frame set out in the plan?
- ✓ Will I feel a sense of pride and satisfaction in accomplishing this goal?
- ✓ Is achieving this goal in my best interests?