SMART Personal Goals

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| Goal #1 What: | <u>Goal #1</u> What: | |
|------------------|-------------------------|--|
| By: | By: | |
| Goal #2 What: | <u>Goal #2</u> What: | |
| By: | By: | |
| Goal #3 What: | <u>Goal #3</u> What: | |
| By: | By: | |

| <u>Letter</u> | <u> Major Term</u> | <u>Minor Terms</u> | <u>Letter</u> | <u> Major Term</u> | <u>Minor Terms</u> |
|---|--------------------|---|---------------|--------------------|---|
| S | Specific | Significant, Stretching, Simple | S | Specific | Significant, Stretching, Simple |
| M | Measurable | Meaningful, Motivational, Manageable | M | Measurable | Meaningful, Motivational, Manageable |
| A | Appropriate | Attainable, Achievable, Agreed, Assignable, | A | Appropriate | Attainable, Achievable, Agreed, Assignable, |
| | | Actionable, Action-oriented, Ambitious | | | Actionable, Action-oriented, Ambitious |
| R | Realistic | Relevant, Results-focused/Results- | R | Realistic | Relevant, Results-focused/Results- |
| | | oriented, Resourced, Rewarding | | | oriented, Resourced, Rewarding |
| T | Time-bound | Time framed, Timed, Time-based, | T | Time-bound | Time framed, Timed, Time-based, |
| | | Timeboxed, Timely, Timebound, Time- | | | Timeboxed, Timely, Timebound, Time- |
| | | Specific, Timetabled, Trackable, Tangible | | | Specific, Timetabled, Trackable, Tangible |
| *Source: http://en.wikipedia.org/wiki/SMART_criteria (with modifications) | | *Source: http://en.wikipedia.org/wiki/SMART criteria (with modifications) | | | |

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