

SMART GOAL WORKSHEET

Directions: Use this worksheet to brainstorm a SMART goal related to your career development. Consider all the steps you need to take to get to your career goals - everything from knowing your strengths and values to exploring career options to preparing for a specific career.



S

Specific - Is it focused and clearly defined?

M

Measurable - Can you count and track your progress?

A

Achievable - Is it actually achievable to the degree you want in the time frame you have set?

R

Relevant - Is it important to you, does it matter in your day-to-day, can you make it happen?

T

Time-Bound - What are your time constraints, when do you want to accomplish what by?

Final goal: