



THE UNIVERSITY
OF ARIZONA

SMART Goal Setting Template

WHAT'S THE INITIAL GOAL YOU HAVE IN MIND?

EXPAND ON THIS GOAL USING THE SMART ATTRIBUTES

S SPECIFIC	What do I need to achieve? Be precise.												
M MEASURABLE	How will I know I've reached my goal? What are metrics and milestones I need to hit along the way?												
A ACHIEVABLE	Is this goal realistic for me? What support do I need to make sure I achieve my goal?												
R RELEVANT	Why is this goal worthwhile? Does it support the wider team and my other responsibilities?												
T TIME-BOUND	<table border="0"><tr><td>Goal check in date 1</td><td>Goal check in date 2</td><td>Goal check in date 3</td></tr><tr><td><hr/></td><td><hr/></td><td><hr/></td></tr><tr><td><hr/></td><td><hr/></td><td><hr/></td></tr><tr><td> When:</td><td> When:</td><td> When:</td></tr></table>	Goal check in date 1	Goal check in date 2	Goal check in date 3	<hr/>	<hr/>	<hr/>	<hr/>	<hr/>	<hr/>	When:	When:	When:
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