

# SMART Goal Worksheet

SMART goals helps you create specific goals that can be measured and have a timetable to achieve them. These process can be used to help students create goals when planning for career success.

**Specific:** What exactly will you accomplish?

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**Measurable:** How will you know when you have reached this goal?

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**Achievable:** Is achieving this goal realistic with effort, time, and commitment? Have you got the resources to achieve the goal? If not, how will you obtain the necessary resources?

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**Relevant:** Why is this goal significant to your career plan or life goals?

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**Timely:** By when will you have achieved this goal?

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