SMART Goal Setting Assignment Checklist

Goal Setting Worksheet:

1) I have used the SMART guidelines to write my goal statement. ***Yes*** ***No***

   (Specific, Measurable, Achievable/Attainable, Realistic/Relevant, Timely)

2) I have listed **numerous/specific** steps that will help me reach my goal. ***Yes*** ***No***
3) I have identified **numerous** potential obstacles (in and out of my control) that **MAY** impact my ability to reach my goal. ***Yes*** ***No***
4) I have identified **numerous/*specific*** steps/solutions that **MAY** help me overcome potential obstacles. ***Yes*** ***No***

Visual:

1. I have selected ***ONE*** main symbol to represent my ultimate goal. ***Yes*** ***No***
2. I have included at least ***SIX*** *symbols/key words that represent potential obstacles that may impact my ability to reach my goal.* ***Yes*** ***No***
3. I have included at least SIX symbols/key words that represent steps/solutions that will help me reach my goal. ***Yes*** ***No***

Reflection:

In your opinion, what are the benefits of using the SMART guidelines to set and reach personal goals? (3-5 sentences)