



Wicked S.M.A.A.R.T. Goals

S.M.A.A.R.T. Goals are designed to help you identify if what you want to achieve is realistic. SMAART Goals help you have a clear vision of the path to the goal.

Initial Goal (*Write the goal you have in mind*):

What is your motivation for this goal? How will it serve you? _____

1. Small / Specific – Is this goal small enough to be achievable right now?

- a. *What specifically do you want to accomplish?* _____
- b. *Is this goal in your control?* _____
- c. *Who needs to be included?* _____
- d. *What do you need from others?* _____

2. Manageable – Do you have the bandwidth and resources?

- a. *What time commitment is involved?* _____
- b. *Do you have the time to work towards this goal right now?* _____
- c. *Is the amount of effort required equal to what the goal will provide?* _____

3. Ability Do you have the ability (skills, tools) and resources available now?

- a. *What resources are required for this goal?* _____
- b. *What barriers exist or may arise?* _____
- c. *Do you have the ability & resources required to achieve the goal now?* _____
- d. *If not, how can you obtain them?* _____
- e. *Is there something else that needs to happen before you set this goal?* _____

4. Affirmative - Will this have a direct positive impact on your life now?

- f. *What value will this goal bring to your life now?* _____
- g. *How will this goal benefit you in the short-term?* _____
- h. *How will this goal benefit you in the long-term?* _____
- i. *Is there something else that needs to happen before you set this goal?* _____



5. Reward – What will the reward be when you reach this goal?

- a. *Why am I setting this goal now?* _____
- b. *Is it aligned with immediate needs, or is this a want/long term goal?* _____
- c. *How will this move you forward?* _____
- d. *What will the reward be when you reach this goal?* _____

6. Time – Can you set a clear time frame for when you want to complete this goal?

- a. *When do you want to achieve this goal by?* _____
- b. *Is this time-frame reasonable and realistic?* _____
- c. *Is there something that needs to happen before you set this goal?* _____

S.M.A.A.R.T. Goal (Review what you have written, and craft a new goal statement based on what the answers to the questions above have revealed):

GOAL

I want to
Back-staging your goal
First things that I must do to move this goal forward:
1. _____
2. _____
3. _____

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 Notes: