



SMART GOALS

Name:

Award Centre:

SERVICE

SKILL

PHYSICAL RECREATION

PRACTICE JOURNEY

QUALIFYING JOURNEY

GOLD PROJECT

S

SPECIFIC

- **WHO** is involved? Who is helping you? Who will be my assessor?
- **WHAT** do you want to accomplish?
- **WHERE** is this goal taking place?
- **WHEN** will you be working on your goal?
- **WHICH** resources will you be using?
- **WHY** do you want to work on this goal?

M

MEASURABLE

- What does achieving your goal look like?
- What would be an indicator to you that you are making progress towards your goal?
- What milestones do you envision as you work towards your goal?

A

ACHIEVABLE

- Which specific actions will you need to take towards your goal?
- What could be a barrier to you achieving your goal and how can you stretch past those limitations?

R

REALISTIC

- What resources do you need?
- Where will you access these resources?
- How will you access these resources?
- What will you need to commit to achieving your goal?

T

TIMEBOUND

- Which date or time-frame do you plan to achieve your goal by?
- What can you start working on today?
- When is the best time of week to work on your goal?

If you need help with setting a SMART goal, speak with your Award Leader or Assessor.