**S.M.A.R.T. Questions to Ask Yourself**

Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Directions**

Answer *YES* or *NO* to the following questions.

1. Is the goal achievable? \_\_\_\_\_
   1. Can I accomplish my goal in the time-span I have set? \_\_\_\_\_
   2. Does achieving this goal depend only on me and not on conditions outside of me? \_\_\_\_\_
2. Do I believe I can achieve this goal? \_\_\_\_\_
   1. Are my skills and abilities equal to this goal? \_\_\_\_\_
3. Will I know when I have reached my goal? \_\_\_\_\_
   1. Have I set my goal in specific terms? \_\_\_\_\_
4. Do I want to do what it takes to reach my goal? \_\_\_\_\_
   1. Is the goal one that interests me? \_\_\_\_\_
5. Is the goal presented with an alternative? \_\_\_\_\_
   1. Have I made a firm decision? \_\_\_\_\_
   2. Am I focused on what I need to be doing? \_\_\_\_\_
   3. Do I have an alternative if I cannot reach my goal? \_\_\_\_\_
6. Am I motivated to pursue my goal? \_\_\_\_\_
   1. Do I have a support system? \_\_\_\_\_
   2. Have I set up a timeline towards my goal? \_\_\_\_\_
   3. Do I have a reward system in place? \_\_\_\_\_
7. Is the goal of value to me? \_\_\_\_\_
   1. Is the goal compatible with my values? \_\_\_\_\_
   2. Does my goal have longevity? Do I need to consider more education? \_\_\_\_\_

NOTE: If you have answered “YES” to the questions listed above, you have selected valid goals.