

# SMART Goal Checklist

When you have successfully articulated a SMART goal you should be able to answer each of the questions below affirmatively. If you cannot, it means more work is required to articulate your SMART goal.

Question	Yes/No
Is the goal clearly future oriented?	
Is the goal realistic?	
Will the goal be challenging for me? (That is, is it a stretch goal rather than a maintenance goal?)	
Will this goal require me to make a personal investment of time, energy, and effort?	
Will this goal contribute to my growth and development?	
Does this goal require constructive feedback and candid conversations?	
Is this goal achievable within the timeframe of this relationship?	
Will I feel a sense of pride and satisfaction in accomplishing this goal?	
Will this goal produce tangible and measurable results?	
Is this goal in my best professional and personal interest?	