






SMART Goals Rubric

Specific	Measurable	Attainable	Relevant	Timebound
 <p>Specific goals are clear and the objective is identifiable.</p> <p>Key Questions:</p> <ol style="list-style-type: none"> 1) What will you accomplish? 2) What actions do you need to take? 	 <p>Measurable goals can be qualified in terms of amounts.</p> <p>Key Questions:</p> <ol style="list-style-type: none"> 1) How will you know if the goal is successfully completed? 	 <p>Attainable goals can be achieved or reached (they are realistic).</p> <p>Key Questions:</p> <ol style="list-style-type: none"> 1) Do you have the necessary skills or will you need help? 2) What recourses are at your disposal? 	 <p>Relevancy applies to appropriateness and connection to other life plans.</p> <p>Key Questions:</p> <ol style="list-style-type: none"> 1) How does the goal connect to something bigger? 	 <p>Timebound goals have a set timeframe to be completed in.</p> <p>Key Question:</p> <ol style="list-style-type: none"> 1) By which time or date will the goal be completed?