SMART Goal Setting

The following are components of an effective goal - one that describes performance standards that will ‘tell us what good behaviour looks like’. The SMART acronym can help us remember these components.

**Specific**
- The goal should identify a specific action or event that will take place

**Measurable**
- The goal and its benefits should be quantifiable

**Achievable**
- The goal should be attainable given available resources

**Realistic**
- The goal should require you to stretch some, but allow the likelihood of success

**Timely**
- The goal should state the time period in which it will be accomplished