

# Goal Setting

## Creating SMART Goals

- S** **Specific**— A specific goal has a much greater chance of being accomplished than a general goal. “I would like to be a pediatric nurse” (specific) versus “I want a job where I help people” (general).
- M** **Measurable**- Establish concrete criteria for measuring progress toward the attainment of each goal you set. Make sure you and everyone supporting your career progression measures goal attainment and define success the exact same way.
- A** **Attainable**— Break your career goal into a series of smaller steps that can be done easily and in a reasonably short period of time. This aids in keeping a person motivated and able to develop the attitudes, abilities, skills, and financial capacity to reach each step
- R** **Realistic**— To be realistic, a goal must represent an objective which you are *able* to work toward and *willing* to apply the effort required to attain that goal.
- T** **Timely**-A goal should be grounded within a time frame, “someday” won’t work. If you anchor the goal within a timeframe, “by May 1st”, then you’ve set your unconscious mind into motion to begin working on it.

## My SMART goal

I want to \_\_\_\_\_

\_\_\_\_\_

by \_\_\_\_\_ so I will \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

to meet my goal.



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