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

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

**Directions**

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

1. Is the goal achievable? \_\_\_\_\_
2. Can I accomplish my goal in the time-span I have set? \_\_\_\_\_
3. Does achieving this goal depend only on me and not on conditions outside of me? \_\_\_\_\_
4. Do I believe I can achieve this goal? \_\_\_\_\_
5. Are my skills and abilities equal to this goal? \_\_\_\_\_
6. Will I know when I have reached my goal? \_\_\_\_\_
7. Have I set my goal in specific terms? \_\_\_\_\_
8. Do I want to do what it takes to reach my goal? \_\_\_\_\_
9. Is the goal one that interests me? \_\_\_\_\_
10. Is the goal presented with an alternative? \_\_\_\_\_
11. Have I made a firm decision? \_\_\_\_\_
12. Am I focused on what I need to be doing? \_\_\_\_\_
13. Do I have an alternative if I cannot reach my goal? \_\_\_\_\_
14. Am I motivated to pursue my goal? \_\_\_\_\_
15. Do I have a support system? \_\_\_\_\_
16. Have I set up a timeline towards my goal? \_\_\_\_\_
17. Do I have a reward system in place? \_\_\_\_\_
18. Is the goal of value to me? \_\_\_\_\_
19. Is the goal compatible with my values? \_\_\_\_\_
20. 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.*