

# FAMILY OF MENTORS PROGRAM

## SMART GOALS WORKSHEET

Mentors and mentees are encouraged to work together to create goals based on what the mentee wants. Crafting S.M.A.R.T. Goals are designed to help you identify if what you want to achieve is realistic and determine a deadline. When writing S.M.A.R.T. Goals use concise language, but include relevant information.

<b>INITIAL GOAL</b>	Write the goal you have in mind (career, academic, or personal)
<b>S</b>	What do you want to accomplish? Who needs to be included? When do you want to do this? Why is this a goal?
<b>SPECIFIC</b>	
<b>M</b>	How can you measure progress and know if you've successfully met your goal?
<b>MEASURABLE</b>	
<b>A</b>	Do you have the skills required to achieve the goal? If not, can you obtain them? What is the motivation for this goal?
<b>ACHIEVABLE</b>	
<b>R</b>	Why am I setting this goal now? Is it aligned with overall objectives?
<b>RELEVANT</b>	
<b>T</b>	What's the deadline and is it realistic?
<b>TIME-BOUND</b>	
<b>SMART GOAL</b>	Review what you have written, and craft a new goal statement based on what the answers to the questions above have revealed