
SMART QUESTIONS EXERCISE

Recap: What does SMART stand for?

Specific: What exactly will you accomplish?

Measurable: How will you know when you've reached your goal? Is there a way to quantify your success?

Attainable: What support do you need to attain this goal? What could prevent you from attaining it, and how will you overcome those challenges?

Relevant: Why is this goal important to you, and how will it impact you in the future?

Time-Bound: When will you reach this goal? Are there checkpoints within this goal that you can use to track your progress?

**BEFORE FORMING SMART GOALS, IT IS IMPORTANT
TO START FORMULATING SMART QUESTIONS.**

Here are some questions to consider when forming your SMART goals. Take a few minutes to answer these questions and then discuss with a partner:

1. What do you want to achieve at this moment in time and in your career?

2. What are you doing well that is helping you achieve your goals?

3. What are you not doing well that is preventing you from achieving your goals?

4. What can you do differently tomorrow, in a week, and in a month to meet those challenges?

5. How can your mentor help you in achieving your goals?
