

## **SMART Goal Worksheet**

Goal Component	Component Description	My Goal Component
<b>S</b> pecific	Enough details are present to provide a clear picture of what is desired.	
<b>M</b> easureable	The goal is measurable so you know when you have achieved it.	
<b>A</b> ction-oriented	The details of what you are to do are clear.	
R ealistic	The goal is applicable to your current work role or another role you are planning on taking on.	
<b>T</b> ime and Resource Constrained	Timeline and costs (if any) are associated with the goal.	
Completed goal statement:		

An example of a SMART clinical Goal in physiotherapy would be 'By the second week of the placement, I will be able to explain to a colleague, physiotherapy assistant or patient the surgical procedures (Hartman, hemi-colectomy, trachea-esophageal fistula), including indications for physiotherapy intervention.' http://teaching.berkeley.edu/learning-goals-0#sthash.F0jsydyf.dpuf