

# Define My Goal

**Goal:** \_\_\_\_\_

Objectives:

Benefits:

**Goal Audit Checklist:** Review your goal & objectives with your mentor based on the SMART goal setting system and record your responses in the spaces below

SMART Goal Component	Yes	No	What Needs to be Changed, Added or Deleted?
Specific: 1. Is what I want to accomplish clear?			
Measurable: 1. Is the goal measurable? 2. How will I measure my success?			
Action Oriented: 1. Is the goal actionable? 2. Describe your timeline.			
Realistic: 1. Is the goal realistic and relevant? 2. What resources are required to be successful?			
Timely: 1. Is this the right time to get started? 2. Is the time I have allocated adequate?			