

SMART Goals Worksheet

Use this worksheet to help you create your advocacy goal.

1. Start by writing out the change that you want to achieve through your advocacy.
2. Next, fill out each of the SMART sections to make sure that your goal is specific, measurable, attainable, relevant and time bound.
3. Revisit this worksheet occasionally to see if your goal has shifted and edit your goal if you need to.

<p>My</p> <p>S M A R T</p> <p>advocacy goal:</p>	
<p>S Specific:</p> <p>Precise with no room for misinterpretation</p>	
<p>M Measurable:</p> <p>Quantifiable, and progress can be easily tracked</p>	
<p>A Attainable:</p> <p>Realistic and something that you can achieve</p>	
<p>R Relevant:</p> <p>Makes sense based on who you are and the overall change that you're trying to make</p>	
<p>T Time-bound:</p> <p>Has a definitive start and end date</p>	