SMART Goals Worksheet -McDonald's Journey to Work



SMART stands for: Specific Measurable Attainable Relevant Timely



On completing this booklet you should be able to...

- Set a goal for yourself
- Pick a goal you know you can achieve
- Make sure you can chart the success of your goal
- Know why your goal is worth the effort
- Know when your goal should become a reality



SPECIFIC

Make your goal SPECIFIC. What do you want to achieve?

MEASURABLE

Make your goal MEASURABLE. How will you know when you have achieved your goal?



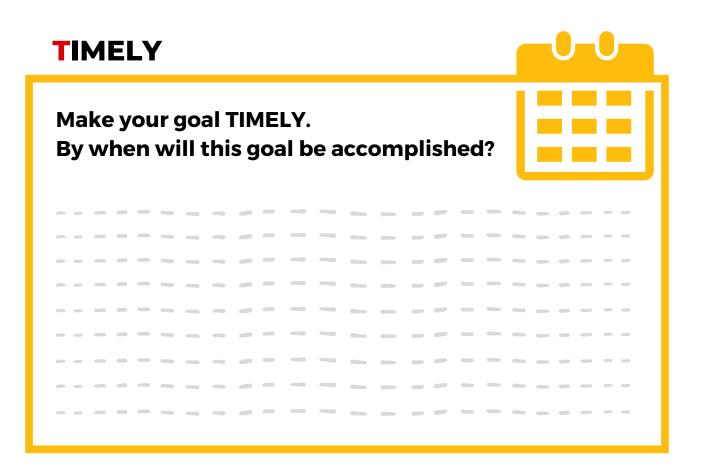
ATTAINABLE

Make your goal ATTAINABLE. How can the goal be accomplished?



Make your goal RELEVANT. Is this goal worth working hard towards? Explain why.





When we set goals which matter to us... goals which we know we can achieve...

We are taking a positive step to a better future.