

# **SMART Goals Worksheet - McDonald's Journey to Work**



# SMART Goals Worksheet

**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



# SMART Goals Worksheet



## **S**PECIFIC

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

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## **M**EASURABLE

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



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# SMART Goals Worksheet



## ATTAINABLE



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

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## RELEVANT



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

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# SMART Goals Worksheet



## **T**IMELY



Make your goal **TIMELY**.  
By when will this goal be accomplished?

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**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.**

