

Evaluation of Goals

My goal was: _____

I actually achieved (measurement): _____

I achieved my goal (circle one): Yes / No

What went well:

What could have gone better:

What adjustment will you make:

Was it a SMART goal:

- ☐ **Specific:** Was it clearly written? Was it clear whether you achieved it or not?
- ☐ **Measurable:** Was there a measurement you used to determine if you were successful?
- ☐ **Attainable:** Was your goal within your capabilities?
- ☐ **Relevant:** Was your goal something you wanted to achieve?
- ☐ **Time:** Did you give it a check-in/end date?