

**SMART GOAL EXAMPLE SHEET**  
**Specific – Measurable – Attainable – Realistic – Time Bound**

**Example 1:**

I will go to college as a first step toward starting my career goals.

**Written as a SMART Goal:**

I am researching colleges and will apply to at least three that I want to attend by Feb. 1, 20\_\_\_\_,

And I will attend one of the colleges that accepts me in August of 20\_\_\_\_, working toward a degree that matches my career interests.

Is it specific? What is the goal? \_\_\_\_\_

Is it measurable? Yes/No

Is it achievable? Yes/No

Is it realistic? Yes/No

Is it time bound? Yes/No

**Example 2:**

I want to make a lot of money from my market animal project?

**Written as a SMART Goal:**

I am covering the cost of raising my market animal project and will earn a profit of \$500 by selling it at the county fair this summer.

Is it specific? What is the goal? \_\_\_\_\_

Is it measurable? Yes/No

Is it achievable? Yes/No

Is it realistic? Yes/No

Is it time bound? Yes/No

<b>SMART Goals Guide</b>	
<b>Specific</b>	What exactly need to be accomplished? Where will this take place? Who else is involved?
<b>Measurable</b>	How will I know I've succeeded? How much changes needs to occur? How many accomplishments or actions will I take?
<b>Attainable</b>	Do I have, or can I get the resources needed to achieve the goal? Is the goal a reasonable stretch for me? (neither out of reach or too easy) Are the actions I plan to take likely to bring success?
<b>Realistic</b>	Is this a worthwhile goal for me right now? Is it meaningful to me – or just something others think I should do? Would it delay or prevent me from achieving a more important goal? Am I willing to commit to achieving this goal?
<b>Time- Bound</b>	What is the deadline for reaching the goal? When do I need to take action? What can I do today?

Animal Quality Assurance SMART GOALS –  
Yellowstone County

NAME:

DATE:

<b>Specific</b>	1. What I want to achieve with my 4-H Animal:
<b>Measurable</b>	2. Here is/are my main measure/measures for this achievement. (What I will see, hear or feel when I have achieved the above.)
<b>Attainable</b>	3. Is what you want attainable? (Is it within <u>your</u> control to achieve it?)
<b>Realistic</b>	4. Is it realistic for you to achieve it?
<b>Time Bound</b>	5. Is there a reasonable time frame in which you will accomplish your goal? (What is the time line?)
<b>Steps to Reach My Goal</b>	
<b>Resources/Help Needed</b>	